COOKING with the QUEEN

Delicacies from the Hive

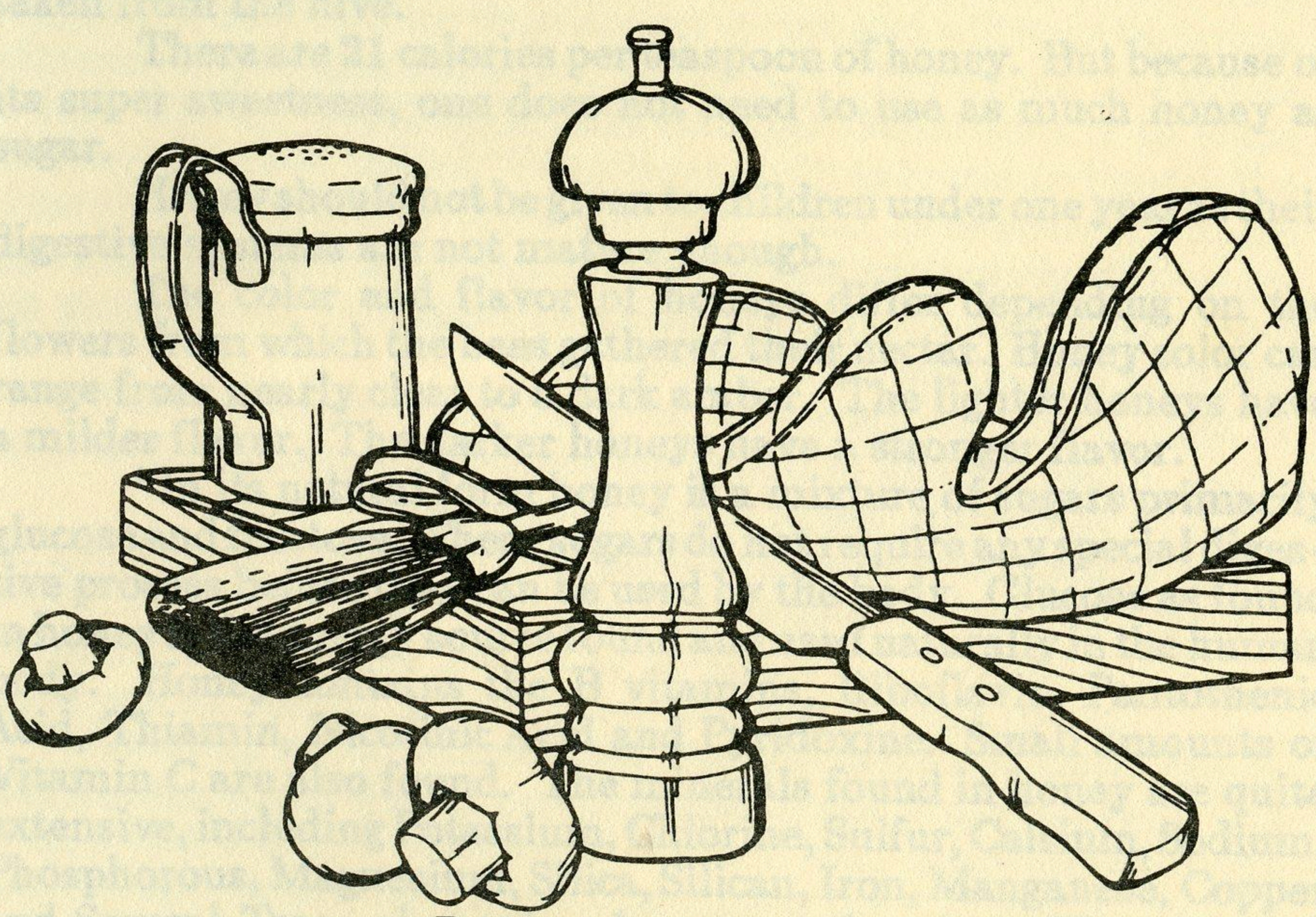
Recipes

Compiled by

Eastern Connecticut Beekeepers Association

P. O. Box 571

East Lyme, CT 06333



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Eastern Connecticut Beekeepers Association

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The Eastern Connecticut Beekeepers Association is a fellowship of beekeepers and persons interested in apiculture. Our goals are; 1) to encourage and promote proper beekeeping management and practice among both veteran and novice keepers, 2) to inform the apiculturists of current developments in beekeeping, 3) to instruct and encourage others to enter the vocation of beekeeping, 4) to educate the public about the work of the honey bee and the beekeeper.

HONEY FACTS

Honey is a natural, unrefined food. It requires little digestion before being absorbed, as it is about 98% predigested when taken from the hive.

There are 21 calories per teaspoon of honey. But because of its super sweetness, one does not need to use as much honey as sugar.

Honey should not be given to children under one year as their digestive systems are not mature enough.

The color and flavor of honeys differ depending on the flowers from which the bees gathered their nectar. Honey color can range from nearly clear to a dark amber. The lighter honeys have a milder flavor. The darker honeys have a stronger flavor.

"In its natural form honey is a mixture of sugars primarily glucose and fructose. These sugars do not require any special digestive process before they can be used by the body. Glucose as found in honey is the energy source found and used naturally in the human body. Honey contains the B vitamins, Riboflavin, Pantothenic Acid, Thiamin, Nicotinic Acid and Pyridoxine. Small amounts of Vitamin C are also found. The minerals found in honey are quite extensive, including Potassium, Chlorine, Sulfur, Calsium, Sodium, Phosphorous, Magnesium, Silica, Silican, Iron, Manganese, Copper and Several Trace elements. Accompanying these Vitamins and Minerals are acids and enzymes which help make honey a truly fortified food." Dadant and Sons.

STORING HONEY

Honey should be stored in a closed container at room temperature in a dry place. A closed container keeps the honey clean and reduces absorption of moisture which encourages fermentation. Honey can be frozen but should not be refrigerated. Refrigeration of honey hastens granulation (crystalization). Granulation will occur if honey is kept for a prolonged period of time, but does not harm the honey.

If honey has granulated, it can be reliquified by placing the uncovered container in a pan of warm (not boiling) water until the crystals melt. Take care not to over heat as honey flavors may be destroyed by heat. Also honey may burn.

Honey can also be microwaved to remove granulation. To microwave honey, place honey in a microwave-safe container and heat at high, stirring every 30 seconds until crystals dissolve. It takes one cup of honey 2 to 3 minutes for crystals to dissolve. Take care not to boil or burn.

COOKING WITH HONEY

The recipes in the cookbook have been adapted for use honey. But when substituting honey for sugar in other recipes, the following guidelines are suggested:

- Use 3/4 cup of honey for every 1 cup of sugar.
- Maximum use of honey per recipe is 1 cup.
- Reduce the amount of liquid in the recipe by 1/4 cup for each cup of honey used.
- Add up to 1/4 teaspoon of baking soda for every cup of honey used to counter the acidity of honey, unless sour milk is an ingredient.
- Lower the cooking temperature 25 degrees to prevent over browning.

To measure honey, use a greased utensil to prevent sticking. Using the utensil to measure the oil, butter or shortening in a recipe first will accomplish this.

Most honey breads and cakes improve in flavor and texture if they are baked and wrapped a day before eating.

The keeping qualities of baked goods are improved by using honey, as honey tends to slow drying out.

Because of its high fructose content, honey has a higher sweetening power than sugar (25% higher).

Use strong flavored honey (dark) in spreads or other recipes when a distinct honey flavor is desired.

CANNING WITH HONEY

"Honey can replace all of the sugar generally used in canning, preserving, and making jelly. A syrup made from honey may be slightly darker in color than a sugar syrup, and will tend to darken fruits such as peaches and pears. No matter. The honey intensifies the fruit flavor. Remember that honey has a tendency to foam considerably when heated. Use a large cooking kettle and watch the pot carefully to avoid having it boil over. Also, since honey contains some honey, it will be necessary to cook the product slightly longer than usual to evaporate this liquid."

Tart cherries, plums, apples, strawberries: use 2 cups of honey to 3 3/4 cups of water.

Pineapples, raspberries, peaches, black cherries and blueberries: 1 cup of honey to 2 cups of water. Cooking with Honey Garden Way Bulletin A-62.

Canning syrup recipes from Dadant and Sons. Sweet fruits, 1 cup honey, 1 cup sugar, 4 cups water. Less sweet fruits, 1 cup honey, 1 cup sugar, 3 cups water. Sour fruits, 1 cup honey, 1 cup sugar, 2 cups water. Boil these ingredients for 5 minutes.

TABLE OF CONTENTS

Breads & Rolls.....1

Cakes & Cookies.....11

Desserts..... 23

Candy - Snacks..... 33

Fruits & Vegetables..... 39

Salads & Dressings..... 49

Main Dishes..... 55

Beverages..... 67

Miscellaneous..... 71

TABLE OF CONTENTS

Breads & Rolls 1

Cakes & Cookies 11

Dessert 29

Candy - Snacks 33

Fruits & Vegetables 39

Salads & Dressings 49

Main Dishes 59

Beverages 67

Miscellaneous 71

BREADS AND ROLLS

FRESH FROM THE OVEN

Water or milk (whole, skimmed, evaporated or reconstituted nonfat dry) are most often used for breads. Water makes the crust crisp, while milk produces a soft crust and a creamy-white crumb. The liquid must be at the correct temperature; if it is too hot, it will kill the yeast; if it is too cold, the dough will take longer to rise.

Many different kinds of fat (butter, margarine, shortening, salad oil or lard) can be added to bread dough to improve flavor and make the dough stretch more easily. The bread will have a tender crumb and stays soft longer.

Eggs added to a yeast dough add flavor, color and nutrition. They soften the crust and give the interior a fine crumb.

Do not try to speed up the yeast in bread dough by increasing the amount of flour, sweetener or salt, or by adding ingredients. These will only make the bread heavier.

To test the rising of yeast dough: The dough is doubled when two fingertips pressed ½ inch into it leaves dents that remain. If dents fill in quickly, let rise 15 minutes longer and test again.

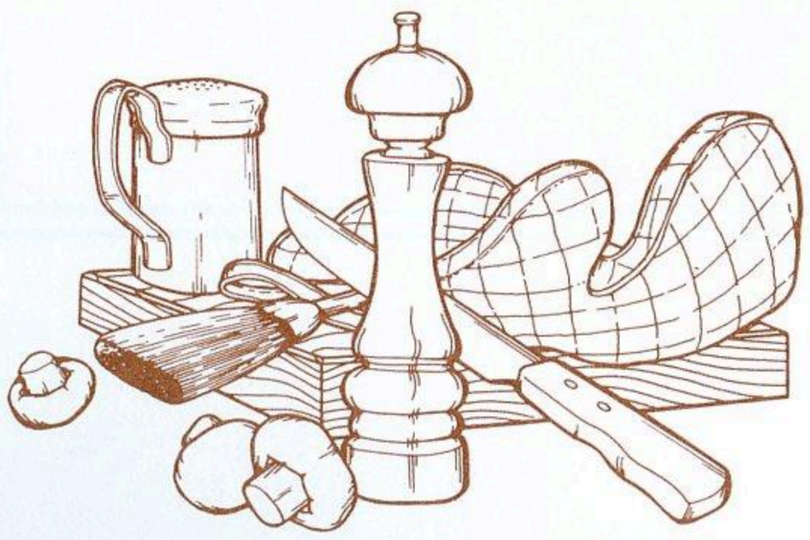
Ways to glaze bread before baking are: for a dark, shiny glaze, brush on 1 beaten egg yolk. For a light shiny glaze, beat the whole egg or brush on melted butter or margarine. For shine with no color, brush on 1 egg white beaten with 1 tablespoon water.

How can I test the vitality of yeast? Just before using the yeast, mix some into one-quarter cup of lukewarm water that has been enriched with one-quarter teaspoon of sugar, the food for the yeast. If the yeast mixture does not start to bubble within five to ten minutes, your microorganisms are dead or enervated and will not leaven your dough or batter.

When baking bread, if tops brown too quickly, cover loosely with foil. To test for doneness - tap top of loaf lightly with your fingertips. If it sounds hollow and is well browned on top, the bread is ready. Remove loaves from pans immediately so bottoms don't become soggy; cool on wire racks.

If you roll out dough between 2 sheets of waxed paper, dab some water under the bottom sheet and it won't skid away.

All ingredients for bread making should be at room temperature. It's important to use the right size pan.



Bread stores in a cool, dry place best. It may be kept in the refrigerator but will go stale more quickly. Bread keeps in the freezer for 3 months if tightly wrapped and you make sure to press out as much air as possible.

APPLE-YOGURT MUFFINS

4 tbsp. melted butter or oil
1 c. yogurt (or sour cream)
1 lg. egg
6 tbsp. honey (dark is best)
2 c. flour
1 1/2 tsp. baking soda
1/4 tsp. salt
1 tsp. cinnamon
Dash of nutmeg
1 or 2 chopped apples
1/2 c. nuts (opt.)
1/4 c. raisins (opt.)

Preheat oven to 375 degrees. Beat together yogurt, egg, butter and honey. Beat well. Combine the dry ingredients. Make a well in the center and add the wet ingredients. Stir briefly. Before completely mixed, add apples (and/or nuts, raisins). Combine in a few more quick strokes. Fill cups 2/3 full. Bake 25 minutes.

Caroleen Frey

CARROT & RAISIN MUFFINS

1/2 lb. carrots, peeled & grated
2 eggs
1/2 c. honey
1 1/2 c. whole wheat
2 tsp. baking powder
1 tsp. ground cinnamon
1/2 c. oil
1/2 c. raisins

Preheat oven to 350 degrees. Grease and flour 18 muffin cups. Put carrots in a bowl. Add eggs, honey, and oil. Mix with fork. Sift flour, baking powder and cinnamon. Add bran left in sieve. With wooden spoon, beat dry ingredients and raisins with other mixture.

Fill tins 3/4 full. Bake about 20 minutes. Loosen cakes from pan with knife and transfer to a wire rack to cool.

Gail Thompson

HEALTH NUT OAT BRAN MUFFINS

1 1/4 c. whole wheat flour
1 1/4 c. oat bran
2 tbsp. toasted wheat germ
1 tbsp. baking powder
1 tsp. ground cinnamon
1/2 tsp. ground allspice
1/2 tsp. freshly grated nutmeg
1/2 tsp. salt
2 eggs
1/2 c. buttermilk
1/2 c. honey
1/4 c. vegetable oil
1/4 c. orange marmalade
1 grated pared carrot
1 grated zucchini, washed & unpeeled
1 grated, peeled apple
1/3 c. toasted sunflower seeds

Preheat oven to 375 degrees. In large bowl, thoroughly combine first 8 ingredients. In separate bowl, whisk together eggs, buttermilk, honey, oil and marmalade. Stir in carrot, zucchini and apple. Add wet ingredients to dry, along with sunflower seeds, stirring just until moistened. Spoon batter into greased muffin pans (don't use liners). Bake 20 minutes or until toothpick comes out clean. Remove to wire rack to cool.

Sue Kraynak

OAT CRACKERS

2/3 c. rolled oats
3 c. whole wheat flour
1/3 tsp. baking soda
1/4 c. honey, warmed
1 tsp. salt
8 tbsp. butter, softened
3/4 c. buttermilk, warmed

Mix all ingredients, except buttermilk and combine them thoroughly. Add enough buttermilk to make a firm but workable dough. Divide dough in half. Roll out 1/2 at a time between sheets of waxed paper to about 1/4 inch thickness. Cut into 1 1/2 inch squares. Prick each one with a fork. Lightly oil baking sheet and place crackers on it. Bake in preheated 325 degree oven for about 25 minutes or until lightly browned.

Gail Thompson

HONEY & APPLE BRAN SCONES

1 2/3 c. all-purpose flour
1 c. oat bran
2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. baking soda
1/3 c. butter or margarine
1/2 c. milk
1/4 c. honey
1 lg. (1 c.) baking apple, cored, coarsely chopped

HONEY SPREAD:

1/2 c. butter or margarine, softened
2 tbsp. honey

Heat oven to 425 degrees. In large bowl combine flour, oat bran, baking powder, salt, cinnamon and baking soda. Cut butter/margarine into flour mixture until crumbly. Stir in milk, 1/4 cup honey and apple until moistened and dough leaves side of bowl (dough will be slightly sticky). Turn dough onto lightly floured surface; knead lightly 10 times. Roll dough into 9 inch circle; cut into 8 wedges. Place on cookie sheet 1 inch apart.

Bake for 12 to 18 minutes or until golden brown. Meanwhile, in small bowl stir together honey spread ingredients. Immediately remove scones from cookie sheet. Brush tops with 2 tablespoons honey spread. Serve warm with remaining honey spread. Yield: 8 scones.

Neysa Johnson

HONEY TOAST

Toast 1 side of bread. Butter untoasted side. Drizzle with honey. Broil 3 to 4 minutes, 5 inches below broiler

Pauline La Valley

HONEY WHOLE WHEAT LOAF

1 3/4 c. all-purpose flour
1 1/2 c. whole wheat flour
1/2 c. dry roasted unsalted sunflower nuts
1 tsp. salt
2 pkgs. rapid-rise yeast
1/2 c. milk
1/2 c. water
1/4 c. honey
2 tbsp. margarine
1 egg white
1 tbsp. cold water

Set aside 1 cup all-purpose flour. In large bowl, mix remaining all-purpose and whole wheat flours, dry sunflower nuts, salt and yeast.

In saucepan, over low heat, heat milk, water, honey and margarine until hot to touch (125 to 130 degrees); stir into dry mixture. Mix in only enough reserved flour to make a soft dough.

On lightly floured surface, knead until smooth and elastic, 8 to 10 minutes. Cover; let rest 10 minutes. Roll dough to 12 x 8 inch rectangle; roll up from short edge. Seal seams and ends. Place in 8 1/2 x 4 1/4 x 2 1/2 inch loaf pan. over, let rise in warm place until doubled, 40 minutes. Bake at 350 degrees for 35 to 40 minutes. Remove and cool.

Barbara S. Hall

HONEY WALNUT BREAD

1 c. honey
3/4 c. milk
1/4 c. sugar
1/4 c. soft butter
1 egg yolk
2 1/4 c. flour, sifted
1 tsp. salt
1 tsp. baking soda
1/2 c. walnuts, chopped up

Scald milk, add honey, sugar in medium heat, beat in butter and egg yolk. Add walnuts, mix together well. Pour into greased and floured dish or baking pan. Bake at 320 to 325 degrees for about 45 to 60 minutes, cool and remove from pan.

Al Engler

HONEY AND CORNMEAL BREAD

1/2 c. cornmeal
1/4 c. butter/margarine
1 tbsp. salt
7 1/2 c. unbleached flour
1/2 c. honey
1 c. warm water
2 pkgs. dry yeast

In medium pan, boil 2 cups of water. Stir in cornmeal and cook 1 minute until thick. Remove from heat; add butter, honey and salt. Cool to lukewarm. Dissolve yeast in 1 cup of warm water and add to cornmeal, mix in 1 large bowl. Add 3 cups of flour and beat 2 minutes. Add rest of flour and bread dough for 10 minutes. Let rise until doubled in bulk. Knead again and let rise in bread pan. Bake at 350 degrees for about 35 minutes. Makes 2 loaves.

Al Engler

HONEY – PINEAPPLE BREAD

3 c. all-purpose flour
3 tsp. baking powder
3/4 tsp. baking soda
1 1/2 tsp. salt
3 eggs
1 1/2 c. vegetable oil
1/2 c. honey
1 can (8 oz.) crushed pineapple
1/2 c. water
3/4 c. chopped pecans or walnuts

Sift together dry ingredients. Beat eggs until thick and lemon colored. Combine oil, honey, drained pineapple and water. Mix with eggs. Add to dry ingredients mixing only until blended. Fold in nuts and spread in greased 9 x 5 x 3 inch loaf pan.

Bake in 350 degree preheated oven for about 1 hour. Reduce heat to 325 degrees and bake 15 minutes longer until center is done. Cool 5 minutes, then turn out on rack. Cool before slicing. Good with whipped cream cheese.

Gail Thompson

HONEY ZUCCHINI BREAD

Beat well:

3 eggs
1 c. sugar
1 c. honey

Add 1 cup oil (Mazola). Beat. Add:

2 c. zucchini, peeled & grated, no seeds
3 c. flour

Mix and add:

1/2 tsp. baking soda
2 tsp. baking powder
1 tbsp. cinnamon
1 tsp. salt

Add 1 cup nuts. Bake in 2 greased bread pans. Bake at 350 degrees for 60 minutes or more. Makes 2 loaves.

Al Engler

WHOLE WHEAT & HONEY BREAD

1 c. milk
3 tbsp. butter
2 1/4 oz. pkg. active dry yeast
1 c. warm water (105 to 115 degrees)
4 3/4 to 5 3/4 c. all-purpose flour
1 c. whole wheat flour
1 c. wheat germ
1/3 c. honey
2 eggs
1 tbsp. salt
1 tsp. sugar

In one quart saucepan scald milk; stir in butter until melted. Cool to lukewarm. In large mixing bowl dissolve yeast in warm water. Add milk mixture, 2 cups flour, whole wheat flour, wheat germ, honey, eggs, salt and sugar to yeast. Beat at medium speed, scraping bowl often, until smooth (1 to 2 minutes).

Stir in enough remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead until smooth and elastic (about 10 minutes). Place in greased bowl, turn greased side up. Cover, let rise in warm place until double in size (about 1 1/2 hours). Dough is ready if indentation remains when touched. Punch down dough, divide in half.

Roll each half into an 18 x 19 inch rectangle. Fold 9-inch sides crosswise into thirds, overlapping ends. Roll up tightly, beginning at an open end. Pinch ends of dough into roll to seal well, press in ends of roll. Press each end with side of hand to seal well, fold ends under.

Place loaves seam sides down in two greased 9 x 5 inch loaf pans. Cover, let rise until double in size (about 1 1/2 hours). Heat oven to 350 degrees. Bake for 25 to 35 minutes or until loaf sounds hollow when tapped. Remove from pans immediately. If desired, brush tops of loaves with butter.

Sue Kraynak

BUTTERMILK YEAST BREAD

6 c. flour
1 1/2 c. buttermilk
3 tbsp. butter
4 tbsp. honey
1 tsp. salt
1 pkg. dry yeast
1/4 c. warm water

Measure flour into a large bowl. Heat buttermilk, butter, honey and salt to 110 degrees.

Dissolve yeast in 1/4 cup warm water. Mix yeast, liquids and flour together. Add a little more flour or warm buttermilk if necessary to form a dough. Turn out on floured board and knead for 10 minutes, until smooth and elastic. Put the ball of dough in a buttered bowl and turn over to butter the top. Cover. Let rise until double in size. Turn out dough, punch down and divide in half. Fit into greased loaf pans. Let rise until double in size. Bake in preheated 400 degree oven for 40 to 45 minutes. Brush the tops with melted butter and let cool. Makes 2 1/2 pounds of bread in 2 loaves.

Neysa Johnson

HONEY WHEAT BREAD

2 c. milk
1/3 c. honey
1 tbsp. salt
1/4 c. oil
2 pkgs. dry yeast
1/4 c. warm water
5 to 7 c. whole wheat flour

Warm milk. Add honey, salt and oil. Dissolve yeast in warm water and add to milk mixture. Stir until smooth. Add flour in three parts, beating well after each addition, until stiff dough is formed. Turn onto lightly floured board. Knead until smooth and elastic, 8 to 10 minutes. Place in greased bowl, turning once to coat.

Cover, let rise in a warm place until doubled, about 50 minutes. Shape dough into 2 loaves. Place in greased bread pans. Cover and let rise about 30 minutes. Bake at 350 degrees for 40 minutes. Remove from pans, brush tops with melted butter and cool on wire rack. Makes 2 loaves.

National Honey Board

CHEESE BREAD

1 c. milk
1/4 c. honey
1 tbsp. salt
2 pkgs. dry yeast
1/2 c. warm water
1/4 lb. (1 c.) sharp cheddar cheese, grated
1 tsp. dry mustard
1/8 tsp. cayenne pepper
4 1/2 to 5 c. sifted flour

In small saucepan, heat milk to scalding. Remove from heat. Stir in honey and salt until dissolved. Cool to lukewarm. In large bowl dissolve yeast in warm water. Stir cheese, mustard, pepper and 2 cups flour into milk mixture. Beat until smooth, about 2 minutes. Gradually add remaining flour, until firm dough is formed. Turn onto lightly floured board.

Grease hands and knead dough until smooth, about 10 minutes. Place in lightly greased bowl, turning once to coat. Cover and let rise in warm place until doubled, about 2 hours. Punch down dough; turn onto floured board and shape into loaf. Place in greased bread pan. Cover and let rise until doubled, about 1 hour. Bake at 400 degrees for 30 to 35 minutes. Cover with tent of aluminum foil for last 10 to 15 minutes of baking. Remove from pan and cool on rack. Makes 1 loaf.

Dadant & Sons

HONEY BUNS

Will make getting up early definitely worth the effort, and will make you extra- popular with the family.

1 (13 3/4 oz.) pkg. hot roll mix
1/3 c. butter
1/3 c. brown sugar
1/3 c. honey
2/3 c. flaked coconut
1/2 tsp. ground cinnamon or cardamon

Prepare hot roll mix according to package directions. Let rise. Cream butter and sugar; add honey and beat until well mixed. Add coconut. Roll dough to an 18 x 12 inch rectangle. Spread with 1/8 of the honey mixture; sprinkle with cinnamon or cardamon.

Roll as for jelly roll, starting with the long edge. Pinch edge to seal. Cut into 1-inch slices and place, cut side down on a buttered baking sheet. Let rise. Press down the center of the buns with a spoon and fill each depression with 1 teaspoon of remaining honey mixture. Bake in 375 degree oven for 15 to 20 minutes or until golden brown. Remove from baking sheet while warm. Makes 18 buns. (Wrap in foil and reheat in the morning.)

Dadant & Sons

THREE FLOUR HONEY BREAD

Combine:

2 pkgs. dry yeast
1 c. white flour
1 1/2 c. whole wheat flour
1/2 c. rye flour

Heat together:

2 c. milk
1/2 c. honey
3 tbsp. shortening
1 tbsp. salt

Stirring just until warm. Add to dry mixture. Beat at low speed of electric mixer for 1/2 minute. Scraping bowl often. Beat 3 minutes at high speed.

Stir in additional 2 1/4 to 2 1/2 cups white flour, enough to make moderately stiff dough.

Turn onto floured surface and knead 8 to 10 minutes. Place in greased bowl, cover, let rise until double, 1 1/2 hours. Punch down, let rise again until double. Shape into 2 loaves. Let rise about an hour and bake in 375 degree oven for about 40 minutes.

Vivian Wentworth

EXTRA RECIPES

CAKES AND COOKIES

CARDAMOM

EVERYBODY'S FAVORITES

To improve an inexpensive cake mix, add one tablespoon butter to the batter for a richer-tasting cake.

Discover baking with mayonnaise. Try substituting mayo as a shortening or oil - it blends easily, adds moistness and contributes toward a tender texture.

Throwaway Cake Plate - Save bottom cardboards from pizzas and cover with aluminum foil. Great if you are donating a cake or pie to a cake sale.

Dip spoon in hot water before measuring lard, butter, etc. - it will slip off the spoon more easily.

Put flour in a large salt shaker and use for dusting cake pans, meat, etc. It is less messy and doesn't waste flour.

For recipes using beaten egg whites, the eggs should be separated when cold and the whites allowed to come to room temperature (egg whites reach their highest volume if beaten at room temperature). Cream of tartar or sugar added to the egg whites will increase the stability of the foam...the sugar should be added a little at a time. Be careful not to overbeat egg whites or they will become stiff and dry, having lost their elasticity, and will almost certainly collapse as soon as heat is applied. Be sure beaters and bowl, etc. are completely free of oil - any trace of oil will prevent the egg whites to fluff up.

Don't grease cookie sheets or cookies will tend to spread too much. When baking several batches in succession, let sheets cool before placing more dough on them or the dough will soften and spread and finished cookies will be misshapen. If you don't have enough spare cookie sheets, use inverted baking pans.

Any recipe which says, "and add one egg," can be made better by separating the white and yolk. This white, when beaten separately, adds bubbles, tenderness and makes the finished product lighter. This is true for nearly all boxed items.

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO - Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

If your layer cakes stick to the bottom of their pans, return them to a warm oven briefly. The layers will come out intact in just a short time.

For baking cakes, use shiny metal pans or pans with a non-stick finish. Avoid dull, dark or enamel pans which can cause uneven and excessive browning. If using glass or porcelain-coated aluminum pans, reduce the oven temperature 25 degrees F. If baking more than 1 at a time, arrange the pans in the oven so that you get the best air flow - stagger them from one shelf to another, not one directly on top of another. And do not have a pan touching the walls of the oven or touching another pan. Good air flow is very important to proper baking. (This is true for trays of cookies also.)

CHOCOLATE CHIP HONEY COOKIES

1/3 c. butter or margarine
1/2 c. honey
1 egg, well beaten
1 1/4 c. flour
1/2 tsp. salt
1/2 tsp. baking soda
1 c. semi-sweet chocolate chips
1/2 c. chopped nuts
1 tsp. vanilla

Cream shortening, add honey and cream until fluffy. Add egg and mix well. Mix dry ingredients and add to mixture. Blend well. Add chocolate chips, nuts and vanilla; mix thoroughly. Drop from teaspoon onto greased baking sheet. Bake at 350 degrees for 8 to 10 minutes.

Mrs. Arthur Canfield

PEANUT BUTTER FRUIT DROPS

1/2 c. creamy peanut butter
1/4 c. butter or margarine, softened
2 eggs
1/2 c. honey
1/2 c. milk
2 c. (12 oz.) diced mixed candied fruit
2 c. all-purpose flour
1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. cinnamon
1/2 tsp. nutmeg

Beat together peanut butter and butter/margarine. Stir in eggs, honey and milk until well blended. Stir in candied fruits. Stir together flour, baking powder, baking soda, cinnamon and nutmeg; gradually blend into candied fruit mixture. Drop dough by teaspoonsful 2 inches apart on greased cookie sheet. Bake in 350 degree oven for 10 to 12 minutes or until golden brown. Remove to wire rack; cool. If desired, top each cookie with additional candied fruit. Makes 4 dozen.

Pauline La Valley

HONEY CAKES

1/2 c. toasted sesame seed
***1 1/2 c. white or whole wheat flour**
1/2 tsp. salt
2/3 c. honey
1/2 c. salad oil

*(Liked best mixed 1 cup water, 1/2 cup whole wheat.)

Toast the sesame seeds in oven for 15 minutes at 350 degrees. Mix all the ingredients and spread in an ungreased 8 x 8 x 2 inch pan. Bake at 300 degrees for 20 to 25 minutes. Cut into squares and cool on a wire rack. Serves about 20, depending on size of squares.

Sue Cowen

HERMITS

1 c. raisins
1/4 c. flour
4 tsp. butter
1/4 c. honey
1/2 tsp. salt
2 eggs, well beaten
1/2 c. molasses
1 tsp. baking soda
1/2 tsp. cream of tartar
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. mace
1/4 tsp. nutmeg
1 3/4 c. flour

Mix raisins with 1/4 cup flour and set aside. Cream together butter and honey. Add salt, eggs and molasses. Beat well and add flour, baking soda, cream of tartar and spices. Stir in raisins. Spread on greased cookie sheet (with sides) and bake for 15 minutes at 350 degrees.

Vivian Wentworth

NO BAKE NATURE COOKIES

1/2 c. peanut butter
1/2 c. honey
3/4 c. dry milk
1/2 c. walnuts, chopped
Wheat germ

Blend peanut butter and honey. Stir in dry milk then add nuts. If you use crunchy peanut butter omit the nuts. Mix dough well, then form in small balls and roll in wheat germ. Very good and healthful.

Mrs. Arthur Canfield

HONEY DROP COOKIES

3 c. all-purpose flour
3 tsp. baking powder
1/4 tsp. salt
1/4 tsp. cinnamon
1/4 c. chopped almonds
1/2 c. chopped citron
1/2 c. butter
2 egg yolks, well beaten
1 tsp. vanilla
1/2 c. sugar
1 c. honey

Sift together flour, baking powder, salt and cinnamon; stir in almonds and citron. Cream butter, beat in sugar and honey; then egg yolks and vanilla; gradually stir in flour, nut, fruit mixture. Bake sample cookie to determine effect of honey on mixture. Some honey causes more spreading than others, add more flour if necessary.

Drop batter from teaspoon on greased baking sheet and bake in moderate oven (350 to 375 degrees) for 10 to 12 minutes. Substitute pecans for almonds, if desired. Approximate yield: 7 1/2 dozen cookies.

Laas Paju

HONEY OATMEAL CHEWIES

1 1/4 c. butter flavor Crisco
1 c. granulated sugar
2/3 c. firmly packed brown sugar
1/4 c. honey
1 egg
1/4 c. milk
1 tsp. vanilla
2 1/2 c. all-purpose flour
1 tsp. baking soda
1/2 tsp. salt
1 c. quick-cooking oats (not instant or old-fashioned)
1 c. flaked coconut
1 c. raisins
1/2 c. broken walnut pieces
1/2 c. wheat germ (opt.)

Heat oven to 350 degrees. Cream butter flavor Crisco, granulated sugar, brown sugar, honey, egg, milk and vanilla until light and fluffy. Combine flour, baking soda and salt. Mix into creamed mixture. Stir in oats, coconut, raisins, wheat germ and walnuts.

Drop rounded teaspoonfuls of dough on ungreased baking sheet. Bake at 350 degrees for 11 to 12 minutes for soft cookies, 13 to 14 minutes for crisp cookies. Remove to cooling rack. 6 dozen cookies.

Bev Boyd

HONEY DATE BARS

1/2 c. shortening
1 c. honey
1 tsp. vanilla
3 eggs
1 1/4 c. all-purpose flour
1 tsp. baking powder
1/2 tsp. salt
1 c. chopped dates
1 c. chopped nuts -
confection sugar

Blend shortening, honey and vanilla until creamy. Beat in eggs, one at a time. Sift dry ingredients into egg mixture and blend. Add dates and nuts, and stir slightly to distribute evenly. Grease pan, and at about 350 degrees for about 35 to 40 minutes. Cool and cut in bars.

Al Engler

BANANA HONEY COOKIES

2 tbsp. butter, softened
2 eggs
1/2 c. honey
1 tsp. vanilla
1/2 c. whole wheat pastry flour
1/2 c. unbleached white flour
1 tsp. baking powder
1/2 tsp. baking soda
1 c. rolled oats
1 ripe banana
1 tsp. fresh lemon juice
1/2 c. chopped walnuts
1/2 c. raisins

Preheat oven to 350 degrees. Sift together whole wheat flour, unbleached white flour, baking powder and baking soda, set aside.

In a large bowl, beat together softened butter, eggs, honey and vanilla until lemon colored. Add mashed banana and lemon juice into egg mixture. Gradually stir in flour mixture, blending well. Stir in oats and nut and raisins if desired. Drop by teaspoonfuls onto prepared baking sheets. Bake until cookies are golden, 10 to 12 minutes. Makes 3 dozen cookies.

Helen R. Ference

HONEY SQUARES

3 c. all-purpose flour
3 tsp. baking powder
Zest of 2 lemons
1/2 c. plus 1 tbsp. honey
4 tbsp. unsalted butter
6 tbsp. oil
1/4 c. dark brown sugar
1 egg + 1 egg white
6 tbsp. buttermilk
6 tbsp. skim milk
24 almonds
6 candied cherries
Green candied fruit for leaves

Preheat oven to 350 degrees. Grease and line an 8 x 12 inch pan. Sift flour and baking powder into a bowl and lemon zest and make a well in center. Reserving 1 tablespoon honey put honey, butter, oil and sugar in saucepan. Heat until butter is melted, cool.

Whisk in egg, egg white, together, then whisk in buttermilk and skim milk. Pour into center of flour. Stir well and pour into pan. Bake 35 to 40 minutes until well risen and springy. Remove from oven immediately and brush top with honey. Decorate with almonds, cherries and green candied fruit.

Gail Thompson

HONEY FRUIT COOKIES

1/2 c. shortening
1 c. honey
1 egg
1/4 c. sour milk
2 c. flour
1/2 tsp. soda
1/2 tsp. salt
3/4 c. pecans
3/4 c. each of raisins, cherries & dates

Cream shortening and honey. Add the egg, sour milk and flour which has been sifted with soda and salt. Add the nuts and fruit. Drop on greased pans and bake at 350 degrees for 15 minutes.

Al Engler

TRAILMIX COOKIES

1 1/2 c. honey
1 1/2 c. oil
2 eggs, beaten
2 c. white flour
2 c. whole wheat flour
2 tsp. salt
2 tbsp. cinnamon
1 tsp. baking soda
4 c. rolled oats
5 tsp. vanilla
1 1/2 c. chopped nuts
1 c. coconut
1 c. raisins
1 c. chopped dates
1 3/4 c. chocolate chips

Blend in large bowl honey, oil and eggs. Sift flours, salt, cinnamon and baking soda. Add to honey mixture. Stir in rolled oats, vanilla, nuts, coconut, raisins, dates and chocolate chips. Drop by large spoonfuls onto lightly greased cookie sheet. Bake at 350 degrees for 15 to 20 minutes. Makes 4 dozen.

Aline Ballasy

RHUBARB & HONEY CAKE

1/4 c. margarine
2/3 c. honey
3 c. diced rhubarb
1 tbsp. flour
1 tsp. cinnamon
1/3 c. shortening
3/4 c. sugar
1/4 c. honey
1 egg, beaten
1 tsp. vanilla
1 1/4 c. sifted flour
2 1/2 tsp. baking powder
1/4 tsp. salt
1/4 tsp. soda
1/2 c. milk

Melt margarine. Add 2/3 cup honey, whisk together. Stir in rhubarb, pour in bottom of 8 inch square pan. Combine 1 tablespoon flour with cinnamon. Sprinkle over rhubarb. Cream shortening, add sugar, beat well. Add 1/4 cup of honey, beat well. Add egg and vanilla. Beat well.

Sift together flour, baking powder, salt and soda. Add alternately with milk to egg mixture, stirring only enough to blend thoroughly. Pour batter over fruit and bake at 350 degrees for 45 to 50 minutes. Invert pan for 1 minute to allow syrup to drain into cake. Serve with whipped cream.

Jane Grilley

APPLE-HONEY UPSIDE DOWN CAKE

2 c. sliced apples
4 tbsp. butter, melted
1/4 c. honey, mix with butter & milk
2 tbsp. milk

Spread sliced apples in the bottom of a buttered pan, 8 x 8 inches. Spread butter, honey and milk over the apples.

1/4 c. butter
1/2 c. honey
2 eggs, beaten

Cream the above ingredients.

1 1/4 c. flour
1 1/2 tsp. baking powder
1/4 tsp. cinnamon & nutmeg each
1/2 c. milk

Add the above dry ingredients to creamed mixture alternately with the 1/2 cup milk. Spread mixture over apples and bake for about 1 hour at 350 degrees.

Helen R. Ference

GINGERBREAD SQUARES WITH CRYSTALIZED PINEAPPLE

Microwave

2 c. whole wheat flour
1 tbsp. ground ginger
1/2 tsp. baking soda
1/2 c. honey
1 tsp. pumpkin pie spice
1/2 c. margarine
1 tbsp. molasses
1/2 c. light brown sugar
2/3 c. skim milk
2 eggs
1 tbsp. chopped crystalized pineapple

Lightly grease a non-metal 7 x 9 inch pan. Line with waxed paper. Sift flour into bowl with ginger, pumpkin pie spice and baking soda. Add the bran left in the sieve. Put margarine and 1 tablespoon honey in bowl. Add molasses and sugar and microwave on high for 3 minutes. Cool, then add milk and eggs. Blend. Make a well in dry ingredients. Add liquid to center and beat to incorporate ingredients to a thick batter. Spoon into pan.

Cook on high for 7 minutes (to 8 1/2 minutes). Rotate every 2 minutes. Gingerbread is done when springy. Warm remaining honey 10 to 15 seconds. Brush on bread to glaze. Decorate with crystalized pineapple. Servings: 12.

Gail Thompson

HONEY SPICE CAKE WITH ORANGE CREAM

1/2 c. firmly packed brown sugar
1/4 c. margarine, softened
1/3 c. sour cream
1/3 c. orange juice
1/4 c. honey
2 egg whites
2 c. all-purpose flour
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. salt

Heat oven to 325 degrees. Spray a 9-inch round cake pan with cooking spray. In a large bowl combine brown sugar, margarine, sour cream, orange juice, honey and egg whites. Beat at low speed, scraping often, until well mixed, about 1 to 2 minutes. Continue beating, gradually adding flour, soda, cinnamon, ginger and salt until well mixed. Pour into prepared pan.

Bake at 325 degrees for 35 to 40 minutes or until wooden pick inserted in center comes out clean.

FOR TOPPING: In a small bowl stir together until smooth:

2/3 c. sour cream
1 tbsp. sugar
1 tsp. grated orange peel
1 tbsp. orange juice

Serve cake warm with orange cream on top. Serves 10.

Norwich Bulletin

HONEY CHOCOLATE CAKE

3 sq. chocolate, melted
1 c. honey
1 3/4 c. sifted cake flour
1 tsp. salt
1/2 c. butter or other shortening
1/4 c. sugar
2 eggs, unbeaten
1 tsp. vanilla
2/3 c. milk

Blend chocolate and honey over hot water, and cool to lukewarm. Sift flour with soda and salt, cream butter thoroughly, add sugar gradually and heat until light and fluffy. Add chocolate, honey mixture and vanilla, blend. Add flour, salt with milk, beating until smooth. Bake in 2 greased layer pans in oven (350 degrees) for 30 to 35 minutes. Cool and frost to liking.

Al Engler

CARROT CAKE

1 c. oil
1 c. honey
1 c. white flour
1 c. whole wheat flour
1/2 tsp. salt
1 tsp. baking powder
1 tsp. baking soda
1 1/2 c. chopped walnuts
2 c. grated carrots
1 1/2 c. raisins
1 c. shredded coconut
4 eggs

Mix oil and honey. Add sifted dry ingredients. Add nuts, carrots, raisins and coconut. Mix well. Add eggs, one at a time. Bake in 9 inch round layer tins (greased and floured) and bake at 350 degrees for 45 minutes.

Frost with Cream Cheese Icing:

1 (8 oz.) cream cheese, softened
2 c. confectioners' sugar
1 tsp. vanilla

Combine.

Aline Ballasy

HONEY CHOCOLATE CAKE

2/3 c. shortening
1 c. honey
2 eggs
2 c. sifted flour
1/2 c. cocoa
1 tbsp. salt
1/2 tbsp. soda
2 tbsp. baking powder
3/4 c. sour milk or buttermilk
1 tbsp. vanilla

Cream shortening. Continue beating while slowly adding honey in a fine stream. Beat in eggs, one at a time. Sift together 3 times soda, flour, cocoa, salt and baking powder. Add dry ingredients alternately with sour milk (or the buttermilk) and vanilla to creamed mixture. Pour batter into 2 greased and floured 9-inch cake pans. Bake at 350 degrees (moderate) 20 to 25 minutes. Makes two 9-inch layers.

Cindy Canfield

HONEY GLAZED BUTTERMILK CAKE

3 c. cake flour
1 tsp. baking soda
2 1/3 c. sugar
4 tbsp. butter, cut into pats
4 tbsp. corn oil margarine, cut into pats
2 tsp. vanilla
1 1/2 c. buttermilk
4 egg whites
Grated zest of 1 lemon

HONEY GLAZE:

1/4 c. sugar
1/4 c. honey
1/4 c. buttermilk
1/2 tsp. vanilla

Butter and flour a 12 cup bundt pan. Preheat oven to 325 degrees. Mix flour, sugar, baking soda in bowl. With mixer at lowest speed cut in butter and margarine until it forms a fine meal. Stir together vanilla, egg whites and buttermilk. Mix half with dry ingredients on low speed one minute, then add remaining liquid and mix at medium speed one minute. Add lemon zest.

Pour into pan and bake about 55 minutes or springy to touch. Cool. FOR GLAZE: Combine sugar, honey and buttermilk in saucepan. Bring to boil, stirring until caramel colored, about 10 minutes. Remove from heat, stir in vanilla and 1 teaspoon water. Cool. Invert cake and drizzle glaze over top and sides. Servings: +16.

Gail Thompson

HONEY NUT APPLE CAKE

3 c. flour
1/2 tbsp. baking soda
1/2 tbsp. salt
1 1/2 c. corn oil
1 1/2 c. honey
2 1/2 eggs
1 tbsp. vanilla
4 half c. sm. pieces apple
1 c. broken nuts

Mix baking soda, salt and flour together. Mix egg, vanilla, oil and honey. Grease and flour loaf pans (medium). Combine mixture gradually, adding flour until pliable. Lay in apples and nuts. Bake 60 minutes at 325 degrees. Serve, taste better next day.

Al Engler

RUM RAISIN HONEY SPICE CAKE

Combine and set aside for at least 2 days:

1 c. raisins
Enough rum to cover

Oil a 9 x 13 inch baking pan and preheat oven to 350 degrees. Drain raisins and set aside. Sift together and set aside:

3 c. all-purpose flour
1 tsp. salt
3 tsp. baking powder
1/2 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. allspice
1/4 tsp. nutmeg

In a large bowl, mix together:

1/3 c. oil
1 c. honey
1 tsp. vanilla

Beat and add to oil mixture:

2 eggs

Add dry ingredients to oil mixture alternately with 1/2 cup milk and fold in raisins. Pour batter into oiled pan. Combine:

2 tbsp. soft butter
1/4 c. honey
4 oz. shredded coconut
1/2 c. chopped walnuts

Sprinkle over the surface of the batter. Bake for approximately 40 minutes.

Charlene Fuller

CHOCOLATE SWIRL COFFEE CAKE

1/3 c. flaked coconut
1/4 c. chopped nuts
1/4 c. sugar
3 tbsp. butter or margarine, melted
2 c. Bisquick baking mix
1/4 c. sugar
1 egg
2/3 c. water or milk
1/3 c. semi-sweet chocolate pieces, melted
1/2 c. honey

Heat oven to 400 degrees. Grease baking pan, 8 x 8 x 2 inches. In small bowl, stir together coconut, nuts, 1/4 cup sugar and 1 tablespoon of the butter; set aside. Mix baking mix, 1/4 cup sugar, the remaining butter, the egg and water. Beat vigorously 1/2 minute. Pour into pan.

Spoon chocolate over batter; with knife, cut through batter several times for marbled effect. Bake 20 to 25 minutes. DO NOT REMOVE FROM PAN. Immediately after baking, drizzle 1/2 cup honey over cake; sprinkle with coconut mixture evenly over the top.

Set oven control at broil and/or 550 degrees. Broil cake 3 inches from heat about 2 minutes. Serve warm.

Dawn Elliott

HONEY SOUR CREAM SPICE CUPCAKES

1/2 c. shortening
1 c. brown sugar
1 c. honey
3 egg yolks
1/4 tsp. salt
1 tsp. ground cloves
1 tsp. allspice
1 tsp. cinnamon
1 tsp. soda
1 c. thick sour cream
3 egg whites

Cream shortening. Add sugar and honey and mix well. Add egg yolks, one at a time and beat well. Sift dry ingredients and add alternately with sour cream, beating after each addition. Fold in stiffly beaten egg whites. Bake in greased muffin pans in 350 degree oven for 30 minutes or in cake pan for 40 minutes.

Mrs. Ernest Ballasy

HARVEST CUPCAKES

1 lb. 2 oz. honey
12 oz. granulated sugar
1 lb. 8 oz. butter or margarine
1 lb. 8 oz. eggs, slightly beaten
1 oz. vanilla extract
1 lb. 8 oz. cake flour
2 tbsp. cinnamon, ground
1 tbsp. baking powder
1 tbsp. baking soda
Salt to taste
1 lb. 2 oz. apples, peeled, shredded
12 oz. carrots, peeled, shredded
12 oz. pecans, chopped
9 oz. raisins, plumped, drained

Beat honey, sugar, butter, egg and vanilla until blended. Gradually add combined dry ingredients; mix well. Fold in all remaining ingredients. Portion 6 ounces batter into each of 24 greased and floured or paper-lined 4-inch muffin tins. Bake at 400 degrees for 10 minutes; reduce heat to 350 degrees and continue baking 10 minutes or until golden brown.

National Honey Board

DOUBLE BOILER FROSTING

2 egg whites (1/4 c.)
1/4 tsp. salt
1 tbsp. water or fruit juice
1/2 c. honey
1/2 tsp. vanilla

Combine egg whites, salt and water (or juice) in top of double boiler. Beat until egg whites hold their shape. Continue beating while adding honey in a fine stream. Cook over boiling water, beating constantly, until mixture forms peaks when beater is raised (about 5 minutes). Remove from heat. Add vanilla and beat until frosting is of spreading consistency (about 2 minutes). Yield: will frost tops and sides of two 9-inch layers.

Cindy Canfield

HONEY PEANUT BUTTER FROSTING

1/4 c. honey
1/4 c. butter or margarine, softened
3/4 c. creamy peanut butter
1 tsp. vanilla

Combine honey and butter; mix thoroughly. Stir in peanut butter and vanilla. Makes 1 1/4 cups. SERVING TIP: Spread between chocolate wafer cookies, on banana bread or brownies or serve as dip for freshly cut apples.

National Honey Board

DESSERTS

MINT

DEFINITELY DESSERT

Fudge won't "sugar" if you add a dash of cream of tartar.

Soften "hard as a rock" brown sugar by placing a slice of soft bread or ½ an apple in the package and closing tightly. In a couple hours the brown sugar will be soft again.

Too much sugar in a recipe? Add a few drops of lemon juice or vinegar.

Use a pizza cutter to cut bars or bar-cookies into nice, smooth squares in half the time.

The more eggs yolks in doughnut dough, the less grease they will absorb when fried.

A few potato slices added to the oil will keep doughnuts from burning.

After mixing the dough for doughnuts, put in refrigerator at least 1 hour to make it easier to handle.

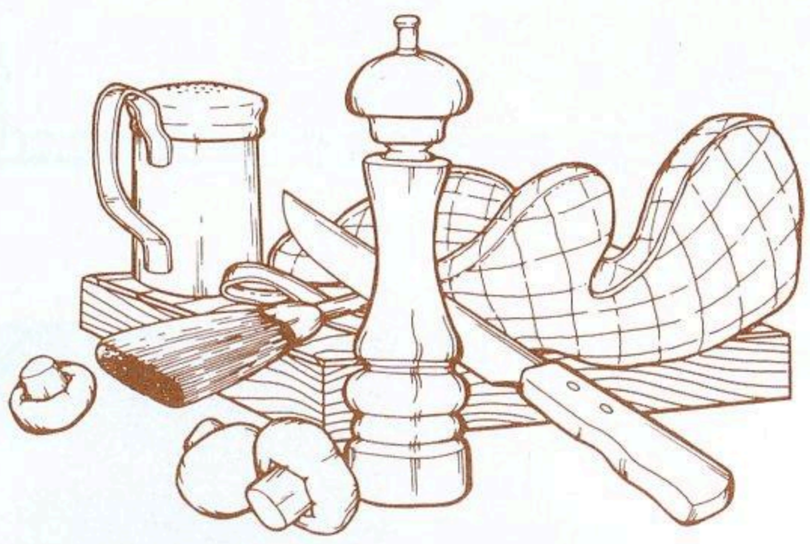
Sweetened condensed milk and evaporated milk are entirely different products and **cannot** be used interchangeably in recipes. Sweetened condensed milk is fresh, whole milk with 60% of the water removed and 45% cane sugar added (sugar acts as a preservative). Evaporated milk is whole milk from which water is removed but no sugar added. Sweetened condensed milk has a much thicker consistency and is great for desserts because it will not get "sugary" when heated and will not form ice crystals in frozen desserts. Also, it thickens without heat when combined with an acid such as lemon, orange, pineapple or apple juices.

If you are melting chocolate in a double boiler or a custard cup set in a pan of water, do not boil the water as this will only thicken or curdle the chocolate.

To keep granulated sugar from lumping, place a couple of salt crackers in container and cover tightly.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

The key to successful custard preparation is low heat; high heat causes the eggs to curdle, resulting in lumpy, thin mixtures. Either cook custard in a double boiler or if cooking over direct heat, always use a heavy saucepan. Stir the mixture constantly with a whisk. Check thickness by lifting the spoon from custard and holding it for 15 to 20 seconds; if the spoon does not show through mixture, the custard has thickened to the correct consistency.



VANILLA NECTARINE POPS

2 fresh California nectarines, sliced
1 c. vanilla yogurt
1 tbsp. honey
4 popsicle sticks

Blend all ingredients in blender until smooth. Pour into four 3-ounce paper cups; insert plastic spoon or popsicle stick in middle of each. Freeze about 6 hours or until nectarine mixture is solidly frozen. Makes four pops.

National Honey Board

NECTARINE ICE

Pit and peel 3 nectarines (or peaches). Place in blender. Blend to make a puree. In a bowl, mix:

1 c. boiling water
3 oz. pkg. lemon flavored gelatin

Mix until gelatin is dissolved. Stir in nectarine puree and:

5 1/5 oz. can peach or apricot nectar
1/4 c. honey
Juice of 1 lemon

Cover and freeze several hours or overnight until firm. To serve, scrape surface with metal spoon to make slush.

Terry Norton

PINK SPARKLE FREEZE

"Served as a salad or dessert, this frozen fruit and honey combination is extra special for parties or family." Combine until well blended:

1 (8 oz.) pkg. cream cheese, softened
1/4 c. honey

Add:

1 (10 oz.) pkg. frozen strawberries, thawed
1 (8 1/4 oz.) can crushed pineapple, drained

Mix lightly. Fold in 1 cup whipping cream, whipped. Pour into 6-cup mold and freeze. Unmold and garnish with watercress, if desired.

Charlene Fuller

LEMON BISQUE PIE

1 can whole evaporated milk, chilled for 3 days
1 (3 oz.) pkg. lemon Jello
1/2 c. honey
2/3 c. hot water
1/3 c. lemon juice
Grated rind of 1 lemon
2 tbsp. lemon juice
Graham cracker crust

Chill electric mixer blades and bowl. Dissolve lemon Jello and honey in hot water and 1/3 cup lemon juice. Chill until it just starts to set. Add lemon rind. Whip cold milk in chilled bowl. Add 2 tablespoons lemon juice until very stiff. Combine 2 mixtures. Pour into graham cracker crust. Chill 2 hours. Serve.

Eunice B. Howe

CHERRY PIE

1 can (1 lb.) sour red cherries
1/4 tsp. salt
3 tbsp. cornstarch
3/4 c. honey
1 tbsp. butter or margarine
1/4 tsp. almond extract
Red food coloring (opt.)
Pastry for 8 inch double crust

Drain cherries and set aside. In saucepan, combine juice with salt and cornstarch. Add honey. Cook over medium heat, stirring constantly until thickened and clear. Add butter. Stir until melted. Remove from heat and stir in cherries, add almond extract and red food coloring, if desired. Adjust crust, dot with butter. Bake in hot oven, 400 degrees for 40 minutes.

Larraine Stanton

HONEY CHEESE PIE

9 oz. cream cheese
1/2 c. honey
3 eggs, slightly beaten
Juice & grated rind of 1/2 lemon
1/4 tsp. salt
1 1/2 c. milk

Cream cheese. Combine honey, eggs, lemon, salt and milk. Add to cheese gradually. Pour into unbaked pastry shell and sprinkle with nutmeg. Bake at 450 degrees for 10 minutes, reduce heat to 325 degrees for 30 minutes.

Elinor Stanton

PUMPKIN PIE

2 c. (16 oz. can) pumpkin puree
1/3 c. honey
4 tsp. molasses
1/8 tsp. powdered cloves
2 tsp. cinnamon
1 tsp. ginger
1/2 tsp. salt
3 eggs
9 oz. evaporated milk (1 c. + 2 tbsp) or use 1 1/4 c. scalded milk

Mix together ingredients in order given. Pour into 8 or 9 inch unbaked pie shell (whole wheat tastes wonderful!) and bake: 10 minutes at 450 degrees; then 40 minutes at 350 degrees or until set.

(For pumpkin pudding, omit the pie shell and bake as directed in a well-oiled pie pan or baking dish. This saves about 100 calories per serving, most of them from fat -- unless, of course, you serve the pudding with vanilla ice cream or heavy cream. Which is delicious!)

Linda Daube

PUMPKIN PIE

1 recipe short pastry crust
1 (16 oz.) can pumpkin
1 c. honey
2 tbsp. molasses
2 tsp. ground cinnamon
1/4 tsp. ground allspice
1/4 tsp. ground cloves
Pinch of salt
4 lg. eggs
1 c. heavy cream
1/2 c. fresh cranberries, cooked

Roll the crust dough on a lightly floured surface to a 1/8 inch thickness and place in the bottom of a 10-inch pie pan. Trim and flute the edges. Preheat the oven to 450 degrees.

Combine the pumpkin, honey, molasses and spices in a food processor and process until well blended. With the processor on, add eggs one at a time, processing a few seconds after each addition. Transfer to a large bowl. Beat the cream in a large bowl until doubled in volume. Fold into the pumpkin mixture. Pour into prepared pie shell and bake 10 minutes. Reduce heat to 350 degrees and bake until a toothpick inserted in the center comes out clean, about 40 minutes longer. Cool. Arrange cranberries in a circle on top of pie.

With Permission, Norwich Bulletin, Norwich, CT

PUMPKIN PIE

1/2 c. honey
1/2 c. brown sugar
1/4 tsp. ginger
1/4 tsp. nutmeg
1 tsp. cinnamon
1/2 tsp. salt
1 c. milk
3 eggs
1 1/2 c. pumpkin, mashed

Mix dry ingredients well. Mix honey with milk, whisk in eggs. Add pumpkin and dry ingredients. Pour into pie shell. Bake at 450 degrees for 15 minutes. Reduce heat to 350 degrees, cook until knife comes out clean, about 30 minutes.

Jane Grilley

HONEY NUT APPLE PIE

3 tbsp. all-purpose flour
1/4 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. sour cream
3/4 c. honey
1/2 c. chopped pecans
6 med. tart apples
Pastry for 2 crust 9 inch pie

Mix flour, salt, cinnamon and nutmeg. Add sour cream, honey and pecans. Stir in apples that are peeled and sliced. Line pie pan with half of pastry. Add filling. Put on top crust. Preheat oven and bake at 425 degrees for 30 minutes. Reduce to 350 degrees and bake 15 minutes longer. 6 to 8 servings.

Barbara Hall

HONEY APPLE PIE

Pastry for 8-inch double crust pie
6 c. sliced tart apples
1 1/2 c. honey
1 1/2 tbsp. lemon juice
1/4 c. flour
1 tsp. cinnamon
1 1/2 tbsp. butter or margarine

Roll out bottom crust and place in 8-inch pie pan. Arrange apple slices over pastry. Mix together honey, lemon juice and flour and pour over apples. Sprinkle with cinnamon and dot with butter. Cover with top crust and seal edges. Cut steam vents in top crust and bake at 425 degrees for 40 minutes until apples are tender.

Dadant & Sons

CRUNCHY APPLE

5 c. sliced apples
1/4 c. sugar
1 tsp. cinnamon
Pinch of nutmeg
1 c. flour
1 c. honey
1/2 tsp. salt
1 egg
6 tbsp. melted butter or margarine

Butter dish and line with apple slices. Combine 1/4 cup sugar and spices. Sprinkle over apples. Mix flour, sugar, salt; add eggs. Spoon over apples, glaze over with butter. Bake at 375 degrees for 30 to 45 minutes or until brown. Serve warm with ice cream or whipped cream or honey.

Al Engler

CREAMY FRUIT PIE

1 c. honey
1 c. water
3 tbsp. cornstarch
A pinch of salt

Cook until jelled together. Add 1/2 pack of gelatin dessert with same flavor being used. Let cool. Gently add 1 quart of selected fruit. Pour out mixture into baked pie shell or biscuit crust. Refrigerate 1 hour or more. Top with whipped cream or other dairy products.

Al Engler

COUNTRY FRUIT PIE

CRUST:

1 1/2 c. unbleached flour
8 tbsp. butter (1 stick), cut into sm. pieces
3 tbsp. vegetable shortening
3 tbsp. ice water
1/4 tsp. salt

FILLING:

4 fresh California peaches, cut into eighths (about 2 c.)
6 fresh California plums, cut into sixths (about 2 c.)
1/2 tsp. almond extract
3 tbsp. unbleached white flour
1/4 c. honey

For Crust: Combine flour, butter, shortening and salt in food processor. Pulse ON/OFF 2 or 3 times or until mixture is mealy. With processor running, add ice water in a slow steady stream until mixture rolls into a ball. Remove from processor to a lightly floured board.

Knead dough ball just to absorb the flour from the board and dough ball is not sticky. Form into a smooth round patty. Wrap in plastic wrap and refrigerate 1 hour. Roll out 3/4 of the dough between 2 sheets of waxed paper to fit into an 8-inch pie dish. With remaining dough, cut out various shapes to place on top of filling and adorn the rim.

For Filling: Combine fruit and almond extract in large mixing bowl. Add flour and toss so fruit is evenly coated. Position fruit in pie crust shell in a pleasing manner; drizzle honey evenly over fruit. Place dough cut-outs on top of fruit and adorn rim. Bake in 400 degree oven for 25 to 30 minutes, until crust is browned and fruit is easily pierced with a knife. 10 servings. Preparation time: 30 minutes. Plan ahead: chill dough, bake.

Norwich Bulletin

PEAR HONEY PIE

4 c. peeled, sliced fresh California Bartlett pears
1/3 c. honey
2 tbsp. cornstarch
4 tsp. lemon juice
1 tsp. grated lemon peel
1/4 tsp. ground ginger
Pastry for 2 crust (9 inch) pie
2 tbsp. butter or margarine

Toss pears with honey, cornstarch, lemon juice, peel and ginger. Turn mixture into pastry-lined 9-inch pie plate; dot with butter. Cover with top crust. Seal and flute edges; cut vents into crust. Bake at 400 degrees for 35 to 45 minutes or until pears are tender and crust is golden. Makes 1 (9-inch) pie.

National Honey Board

HONEY RHUBARB BETTY

4 c. 1/2 inch sliced rhubarb
3/4 c. sugar
1 tsp. nutmeg
Dash of salt
2 tsp. water
6 tbsp. melted butter
1/2 c. honey
5 slices bread, cut in cubes (4 c.)

Combine first 5 ingredients in 10 x 6 x 1 1/2 inch pan. Blend melted butter with honey. Stir in bread cubes. Spoon over top of rhubarb. Bake at 375 degrees for 30 minutes.

Barbara Hall

BAKLAVA

3 c. walnuts
1 1/2 c. raisins
1 1/2 c. unsalted butter, melted
1 lb. fresh or frozen fillo dough
1 1/2 c. honey
1 1/2 c. sugar
1 1/2 tsp. cinnamon
3/4 c. water

Coarsely grind walnuts and raisins together in food processor, set aside. Brush 10 x 15 inch roll pan generously with some of the butter. Working quickly so dough doesn't dry out, lay 1 sheet fillo in bottom of pan, letting edges hang over. Brush with butter. Repeat with 3 more sheets, brushing each with butter. Sprinkle evenly with 1/3 of walnut-raisin mixture. Top with 2 more sheets fillo, brushing each with butter. Sprinkle with another 1/3 walnut-raisin mixture. Top with another 2 sheets fillo brushing each with butter, sprinkle with remaining walnut-raisin mixture. Continue layering fillo, brushing each layer with butter, until all is used up.

With sharp knife, trim edges; cut into diamond-shaped pieces. Bake at 250 degrees for 2 hours. Meanwhile prepare syrup in 3 quart saucepan, combine honey, sugar, cinnamon and water. Bring to a boil, reduce heat and simmer 1 hour. Cool. Pour cool syrup evenly over hot baklava; let stand at least 24 hours before serving. Makes about 3 1/2 dozen.

Neysa Johnson

BREAD PUDDING

4 c. milk
2/3 c. honey
10 slices dry bread
1/2 doz. eggs
1/2 tsp. vanilla or nutmeg

Warm milk and honey together. Prepare bread cubes, removing crust. Place in 2 quart buttered casserole dish. Beat eggs slightly with salt. Add honey to bread cubes with vanilla mixture. Sprinkle top with nutmeg. Bake at 300 degrees (slow) for 50 to 60 minutes. Serve warm or cold.

Al Engler

HONEY GLAZED STRAWBERRY TARTS

HONEY GLAZE:

18 oz. honey
6 tbsp. cornstarch
12 oz. apricot nectar
3 oz. lemon juice
1 oz. almond syrup

TO PREPARE GLAZE: Heat honey over simmering water. Dissolve cornstarch in apricot nectar; add to honey. Cook and stir until thickened and clear. Remove from heat; add lemon juice and almond syrup. Cool.

24 tart shells, 3 inch, baked
1 1/2 qts. almond pastry cream, prepared
2 qts. sliced strawberries
24 mint sprigs
24 orange peel spirals

Fill each of 24 tart shells with 2 ounces pastry cream; coat with glaze. Top each tart with 1/3 cup sliced strawberries and coat with additional glaze. Refrigerate until time of service. Garnish with mint sprigs and orange peel. Yield: 24 servings.

National Honey Board

PEACHES N' HONEY SORBET

7 fresh California peaches, quartered
1/3 c. honey
1/4 c. sugar
1 tbsp. lemon juice

Puree peaches in food processor or blender to measure 3 1/2 cups. Combine puree and remaining ingredients in saucepan. Cook over low heat until sugar dissolves. Cool. Freeze in ice cream maker according to manufacturer's directions. Pack into freezer-proof containers. Freeze until firm. Makes about 1 quart.

National Honey Board

HONEY - ORANGE GLAZE FOR FRUIT PIES

1/4 c. honey
2 tbsp. orange juice
Dash of orange peel, grated

Combine ingredients. Drizzle over top of a lattice crust fruit pie last 10 minutes of baking.

National Honey Board

HONEY ICE CREAM

3 eggs, separated
2 c. milk
3/4 c. honey
2 tbsp. vanilla
1/4 tsp. salt
2 c. heavy cream, whipped
6 oz. grated semi-sweet chocolate or 1 1/2 c. mashed fresh fruit

Separate the eggs and in a double boiler make a soft custard (just thick enough to coat a spoon) of the egg yolks, milk, and honey. Add vanilla and salt and chill. Beat the egg whites and carefully fold in chilled custard. Whip the cream nd fold into the chilled custard and egg white mixture. Add chocolate or fruit. Follow the usual procedures for freezing ice cream in an ice cream maker.

"Cooking with Honey" Garden Way Bulletin A-62

CHOCOLATE SAUCE

2 sq. unsweetened chocolate
1/2 c. honey
3 tbsp. butter or margarine
1/4 c. water
1/4 tsp. salt
1/2 tsp. vanilla

Combine chocolate, water, honey and salt in small saucepan. Stir over low heat until chocolate is melted. Increase heat to medium and cook until sauce is smooth and slightly thickened. Remove from heat. Stir in butter and vanilla. Serve warm or cold. Makes 1 cup.

From the Cookbook "The Honey Kitchen" by Dadant with permission

HONEY CREAM SAUCE

1/2 c. honey
3/4 c. heavy cream
2 tbsp. butter

Heat honey and butter in small enameled saucepan. Stir until butter melts. Stir in heavy cream. Cool. Use as sauce for ice cream parfaits. Refrigerate up to a week.

Gail Thompson

HONEY TOPPED ICE CREAM

Blend honey with a bit of brandy or rum and some coarsely chopped honey-roasted nuts. Spoon over ice cream. Other flavorings may be used.

National Honey Board

HONEY BERRY SAUCE FOR ICE CREAM

1 c. each frozen blackberries, blueberries & raspberries
3/4 c. cranberry juice
1/4 c. honey
1 1/2 tsp. grated orange peel

Combine berries and thaw; drain and reserve 1/2 cup liquid. Combine cranberry juice, reserved liquid and honey; bring to boil over high heat. Reduce heat to medium; simmer about 10 minutes or until mixture is reduced to 1 cup. Remove from heat; stir in orange peel. Cool; pour over berries. Chill until serving time. Spoon over ice cream or fruit sherbet. Makes 3 cups. STORAGE TIP: Refrigerate in covered container up to 1 week.

National Honey Board

HONEY NECTARINE SAUCE

1 c. cranberry-raspberry juice
1/4 c. honey
1 1/2 tsp. grated lemon peel
2 c. sliced fresh California nectarines

Combine juice, honey and lemon peel; bring to boil over high heat. Reduce heat to medium and simmer about 10 minutes or until mixture is reduced to 3/4 cup. Cool; pour over nectarines. Refrigerate until serving time. Makes 2 cups. SERVING TIP: Serve over frozen yogurt, sherbet or ice cream.

National Honey Board

CANDY
& SNACKS

DILL

PANTRY PLEASERS

EQUIPMENT FOR JELLY MAKING: You will need a large kettle with a broad, flat bottom. This will allow the sugar and juice mixture to mix quickly and evenly. You will also need a long-handled spoon for skimming the jelly, a pair of tongs for removing the glasses from the hot water and a small pan for heating the paraffin.

Before Storing: Let jellied fruit products stand at least 8 hours to avoid breaking the gel. Cover with metal or paper lids. Store in a cool, dry place. The shorter the storage time, the better the eating.

Preventing skin on sauces and jellies: Spread a thin layer of melted butter or cream over jellies, puddings and other sauces right after cooking. Stir and all the skin and foam will disappear.

Hollow pickles are thought to be caused by faulty growth or staleness of cucumbers.

Soft pickles are caused by using brine or vinegar which is too weak, not keeping pickles covered with liquid, not keeping scum removed from top of brine, not heating enough to destroy organisms of spoilage, or not sealing jars airtight while boiling hot.

Shriveled pickles are caused by adding too much salt, sugar or vinegar at one time.

Cider vinegar is not necessary for making pickles and relishes. In fact, some expert home canners prefer to use white distilled vinegar. The important thing is to use a high grade product.

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HONEY GRANOLA

6 c. oats
1 c. wheat germ
1 c. sesame seeds
1 c. unsweetened flaked coconut
1 c. sunflower seeds
1 1/2 c. nuts, your choice
1 1/2 c. oil
1/2 to 3/4 c. honey (depends on how sweet you want it)
1 tsp. vanilla

Preheat oven to 325 degrees. In a large bowl, combine dry ingredients and stir well. In a saucepan, gently heat oil and honey until combined. Remove from heat and add vanilla. Pour warm liquid over dry ingredients and stir until well coated.

Spread out mixture (not too thickly) over a large baking sheet. Bake 15 minutes, stirring once or twice. Remove from oven when golden. Repeat with remaining oats mixture. Store in a tightly covered container. Add dry or fresh fruit at serving time.

Caroleen Frey

GRANOLA

1 1/2 c. oats, quick or old fashioned
1/2 c. chopped nuts
1/4 c. wheat germ
1/4 c. honey
1 tsp. vanilla
Coconut, dates, raisins, apricots, sunflower seeds

Place oats in a microwave safe 9 inch square baking dish. Microwave at full power for 1 to 2 minutes. Mix in nuts, wheat germ, honey and vanilla. Microwave uncovered at full power for 4 to 5 minutes, stirring 3 times

Add additional add-ins. Stir occasionally as granola cools. Store airtight. Makes about 3 cups. Microwave times may have to be adjusted depending on wattage.

Lee Felspel

POPCORN BALLS

3/4 c. honey
1 tsp. salt
1/2 c. water
3/4 c. sugar
2 3/4 qts. popcorn

Boil sugar, salt and water 300 degrees. Add honey slowly, stirring until blended. Cook again at 240 degrees for 60 seconds. Pour over popcorn and roll into balls. Wrap up in grease or wax paper.

Al Engler

HONEY POPCORN CRUNCH

"Perfect for Christmas gifts."

Preheat oven to 350 degrees. I recommend using an electric popper to minimize "unpopped kernels".

14 c. popcorn or 12 c. popcorn & 2 c. nuts
1/2 c. butter (1 or margarine
3/4 c. honey

Place popcorn in a large bowl or pan. Melt butter in a saucepan over medium heat. Add honey and stir until combined. Pour honey mixture over popcorn and stir until well coated.

Spread coated popcorn over cookie sheet in a thin layer. Bake until golden, about 15 minutes. Cool and store in an AIRTIGHT container. Keeps well.

HONEYED WALNUTS

1 c. walnut meats, lightly toasted in oven
1/3 c. honey

Chop toasted nuts, coarsely. Stir in honey. Serve as fruit, ice cream, cake, pie topping.

Pauline La Valley

SANDWICH FILLING

1 c. peanut butter
1 c. honey
1 c. toasted wheat germ

Mix in bowl. Spread on toast, pitas, crackers, etc. Fill celery ribs, too.

Lois Teft

HONEY SANDWICH FILLING

3 tbsp. honey
4 oz. cream cheese, softened

Blend together thoroughly.
VARIATIONS:
1.) Add 4 teaspoons orange juice, 1 teaspoon orange peel, 1 teaspoon pineapple juice.
2.) Add raisins.
3.) Add nuts.
4.) Anything you wish.

Leslie L. Kuenzi

HONEY MUNCH

1/2 lb. honey (2/3 c.)
1/3 c. peanut butter
1/3 c. dry roasted peanuts
1/3 c. raisins
4 c. corn flakes

Heat honey in a small frying pan over medium heat until the entire surface of honey is bubbly and syrup forms 2 drips from the spoon. Remove pan from heat. Stir in peanut butter until smooth. Pour over corn flakes, peanuts and raisins in large bowl. Stir to coat, enjoy!

Diann Baldwin

HONEY ROASTED NUTS

3 c. nuts
1/2 c. honey
2 tbsp. butter or margarine
1/2 tsp. grated orange peel
1/2 tsp. cinnamon

Mix ingredients well in micro-safe bowl. Microwave at high 4 to 7 minutes, stirring halfway through cooking time. Spread on foil to cool.

National Honey Board with permission

BORDEAUX CHOCOLATE SQUARES

3 oz. semi-sweet chocolate, grated
1/2 c. superfine sugar
3 tbsp. butter
1/3 c. honey
3/4 c. milk

In a saucepan combine the grated chocolate and all the other ingredients. Set the pan over medium heat and stir constantly. When it begins to thicken, let a drop fall from a spoon into a bowl of ice water. If it dissolves continue to cook and test until the droplet falls to the bottom as a pearl (217 to 221 degrees). Remove pan from heat.

Pour mixture onto a greased marble slab or a platter and spread it out with a narrow blade spatula. Score the candy into squares with an oiled knife. Let the candy cool. When cold, cut into pieces along scores.

Gail Thompson

CALIFORNIA FRUIT BALLS

1 c. (8 oz.) pitted dates
1/2 c. (4 oz.) dried apricots
1/2 c. (4 oz.) dried pitted prunes
1/2 c. (4 oz.) dried figs
1/2 c. (3 oz.) dried apples
2 tbsp. honey
1/3 c. flaked coconut

Grind fruits together. Blend in honey. Form into 1 inch balls. Roll in flaked coconut. Makes 3 dozen.

Joanna Melgey

NUTRITIOUS CANDY

1 c. peanut butter
1 c. honey
1 c. toasted wheat germ

Mix together in a bowl. Roll by teaspoonfuls in more wheat germ. Refrigerate until eaten.

Lois Tefft

POPPY SEED CANDY

1/2 c. sugar
3/4 c. honey
5 oz. poppy seeds, ground

Stirring constantly, cook ingredients over low heat. When lightly browned, after about 15 minutes, pour onto an oiled marble slab or platter. Use an oiled spatula to spread candy into a thin layer. Let set, then cut into squares.

Gail Thompson

HONEY DIVINITY

1/4 c. honey
2 1/2 c. sugar
2/3 c. water
1/4 tsp. salt
2 egg whites
1 tsp. vanilla

In a 2-quart saucepan combine honey, sugar and salt. Stir over low heat until sugar is dissolved. Continue cooking slowly without stirring, to 265 degrees on candy thermometer. Meanwhile in a large bowl, beat egg whites at high speed until very stiff. Slowly pour in hot syrup and vanilla, beating constantly at high speed until mixture loses its gloss and a small amount dropped from spoon holds its shape. Drop by teaspoonfuls onto waxed paper.

Jane Grilley

CASHEW BRITTLE

3/4 c. honey
1/4 c. water
1 c. raw cashews
1 tbsp. butter
1/2 tsp. vanilla
1 tsp. baking soda

Boil the honey and water until mixture reaches soft ball stage (234 degrees) on a candy thermometer. Add nuts and stirring constantly, boil until mixture turns golden (10 to 12 minutes). Remove pan from heat. Add vanilla, butter and baking soda. Mix well. Pour brittle on a buttered baking sheet. When cool, break into pieces.

Gail Thompson

HONEY BALLS

1 1/2 c. powdered milk
1 c. honey
1 c. peanut butter
1 c. coconut
1 c. Wheaties

Mix powdered milk, honey and peanut butter in a pan. Stir until ingredients are thoroughly mixed. Roll out in long rolls. Spread coconut and Wheaties together on waxed paper. Roll the long rolls in mixture. Cut in balls and chill.

Joanna Melgey

CHRISTMAS ALMOND BRITTLE

1/4 c. sugar
1/2 c. honey
10 tbsp. butter
1 lb. chopped walnuts or almonds

Put sugar into a heavy fry pan. Heat the sugar over low heat until it has melted and is delicately browned. Add the honey and butter and simmer for 20 minutes. Stir in nuts and cook for 10 minutes. Line a platter or pan with wax paper and drop tablespoons of the brittle on the paper. Let harden.

Gail Thompson

HONEY FUDGE

Help to satisfy the family sweet tooth.

2 c. granulated sugar
4 oz. unsweetened chocolate
1/4 tsp. salt
1 c. evaporated milk
1/4 c. honey
2 tbsp. butter

Combine sugar, chocolate, salt and milk. Boil for 5 minutes. Add honey and cook to soft-ball stage (240 degrees on your candy thermometer). Add butter and let mixture stand until lukewarm. Then beat until creamy, pour into a buttered pan. If desired, stir in nutmeats after beating.

Dadant & Sons

FRUITS & VEGETABLES

DILL

PANTRY PLEASERS

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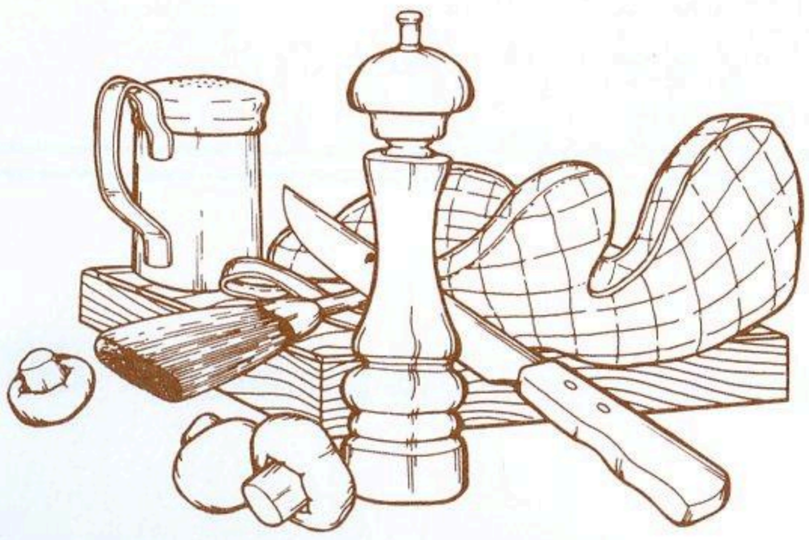

HONEY TOMATOES VIM

2 med. tomatoes
1 tsp. honey

Cut tomatoes into wedges. Add honey to middle of sections. Juice will become sweeter with flavor from honey. Can be eaten for appetizer in the morning or just for zest or quenchers in the midday meal.

Al Engler

HONEY PARSNIPS

1 1/2 lbs. parsnips
1 1/4 tsp. salt
1 tbsp. butter
1 (8 oz.) can crushed pineapple
1/4 c. honey

Pare and cut parsnips in 2 inch strips. Add 1 teaspoon salt and just enough water to cover. Cook until crisp tender. Drain, put into baking dish. Dot with butter. Mix pineapple, honey and 1/4 teaspoon salt. Spoon over parsnips. Bake 15 minutes in preheated oven at 350 degrees. Put under broiler 5 minutes to lightly brown.

Pauline La Valley

KIDS FRESH VEGETABLE TREATS

Any vegetables, cut into finger pieces
2 tbsp. honey in a sm. paper cup

Dip cut vegetables in honey.

Chris Grilley

HONEY - SPICE ACORN SQUASH

3 med. acorn squash (or other kind of squash)
1/4 c. butter or margarine, melted
1/4 tsp. cinnamon
1/2 tsp. salt
1/4 tsp. ginger
1/3 c. honey

Preheat oven to 375 degrees. Scrub squash. Cut in half lengthwise, remove seeds and stringy fibers. Arrange, cut side down, in shallow baking pan. Surround with 1/2 inch hot water. Bake 30 minutes.

Combine remaining ingredients. Pour off excess liquid from baking pan; either turn squash cut side up and pour sauce into cavities; bake 15 minutes, basting now and then with sauce; or take the squash out of the shells and mash in a bowl with the sauce and bake for 15 minutes.

Tim Bass

HONEY GLAZED ONIONS

24 sm. white onions, peeled or jar onions
2 tbsp. honey
2 tbsp. ketchup
3 tbsp. butter or margarine
1/4 c. hot water
Dash of salt
Dash cayenne pepper

Cook onions in salted water for 20 minutes, drain. (If jar onions is used just heat and drain.) Put in baking dish. Make a sauce of remaining ingredients and pour over onions and cover dish. Bake at 350 degrees for 1 hour. Baste occasionally. Serves 4.

Barbara Hall

SWEET - SOUR CABBAGE

4 c. shredded cabbage
1/2 c. diced bacon
3 tbsp. flour
1/4 c. honey
1/4 c. vinegar
1/2 c. water
1 tsp. onion, chopped

Cook shredded cabbage until tender. Drain. Dice bacon. Fry until well done. Drain and place on cabbage. Blend bacon fat with flour. Add honey, vinegar, water and chopped onion. Cook until thickened. Pour over cabbage and bacon. Season to taste. Heat thoroughly. Serve hot.

Joanna Melgey

HONEY - NUT CARROTS

1 lb. carrots
1/4 tsp. salt
1 tbsp. butter
2 tsp. flour
1/2 c. milk
1 tbsp. honey
Toasted almonds

Cook carrots in small amount of salted water until just tender, drain. Melt butter, stir in flour, then add milk, honey and salt. Cook over moderate heat, stirring until thickened. Pour over carrots and sprinkle with toasted almonds. Serves 4.

Jane Grilley

ORANGE GLAZED CARROTS

1/4 c. orange juice
3 tbsp. honey
1/4 tsp. salt
Dash of nutmeg
2 tsp. cornstarch
1 lb. carrots, sliced 1/2 inch thick
3 tsp. butter or margarine, melted
1/2 tsp. grated lemon peel (opt.)

In 2 quart casserole, combine juice, honey, butter, lemon peel, salt and nutmeg. Stir in carrots. Cover with lid. Cook in microwave on HIGH for 7 to 9 minutes. Turn once during cooking; stir. Let stand, covered, for 3 minutes before serving.

Neysa Johnson

CANDIED CARROTS & ONIONS

6 carrots
1 lb. sm. onions
1/2 c. honey or maple syrup
1/2 stick butter

Cook carrots and onions in salted water until crisp tender. Drain. Add syrup and butter. Cook slowly until glazed.

Pauline La Valley

HONEY GLAZED LIMA BEANS

2 c. dried Lima beans
1 c. chopped onions
1/4 c. shortening
3/4 c. honey
1 1/2 tsp. salt

Wash beans and soak about 2 hours in water, drain. Cover beans with water and bring to a boil. Cover and simmer over medium heat for 2 hours, drain. Melt shortening and saute onions until tender. Mix beans, onions, honey and salt together. Pour into casserole. Bake in a preheated 350 degree oven until beans are glazed and tender, about 1 hour.

National Honey Board

SMASHED SWEET POTATOES

2 med. sweet potatoes
1/4 c. dry milk
2 tbsp. butter
2 tbsp. honey
Salt & pepper to taste
3 tbsp. brown sugar

Peel, slice and cook potatoes until soft. Mash potatoes with other ingredients. Add water if necessary.

Jane S. Grilley

SWEET POTATOES IN HONEY-ORANGE SAUCE

Cook sweet potatoes in lightly salted water, just until tender. Drain, peel, cool and slice 1/4 to 1/2 inch thick.

SAUCE:

1/4 c. honey
1 tbsp. grated orange peel
1/4 c. orange juice
2 tbsp. butter
1/2 c. drained chunk or crushed pineapple (opt.)
1 tsp. flavored brandy (opt.)

Combine sauce ingredients in skillet. (Large enough to hold potatoes.) Bring to boil. Reduce heat. Simmer 5 minutes. (Careful not to burn it.) Add potatoes. Cover and simmer 5 minutes.

Pauline La Valley

HONEYED SWEET POTATOES

6 cooked sweet potatoes (yams), halved lengthwise
1/4 c. honey
1/4 c. orange juice

Arrange cooked potatoes in baking dish. Heat juice, honey and 1 tablespoon butter in saucepan. Pour over potatoes. Sprinkle with small amount of salt. Bake at 400 degrees for 20 to 25 minutes.

Pauline La Valley

HONEY MUSTARD GLAZED CARROTS

2 tbsp. honey
1 tbsp. Dijon style mustard
Fresh carrots

Cut carrots on bias. Saute quickly in fry pan with butter or olive oil until crispy tender. Add 2 tablespoons honey and 1 tablespoon mustard. Coat well and serve.

David Hebert

STRAWBERRY BREAKFAST PIZZA

1 pkg. (7 1/2 oz.) refrigerated biscuits (10 biscuits)
1 orange
2 pkgs. (3 oz. each) cream cheese, softened
4 tsp. honey, divided
1 pt. basket fresh strawberries, stemmed & halved
Mint sprigs, for garnish

Preheat oven to 400 degrees. Stack 2 biscuits; roll out to a circle about 6 inches in diameter, 1/8 inch thick. Place on ungreased baking sheet. Prick all over with fork. Repeat with remaining biscuits to make a total of 5 circles. Bake until lightly browned, 6 to 8 minutes. Loosen biscuits and cool slightly.

Meanwhile, finely grate peel from orange. In bowl beat cheese, peel and 2 teaspoons of the honey to blend thoroughly; set aside. Juice orange into another bowl. Add strawberries and the remaining 2 teaspoons honey; toss. Increase oven temperature to 425 degrees. Spread biscuits with cheese mixture to within 1/2 inch of edges, dividing equally. Bake just until edges of cheese brown lightly. Top with drained strawberries. Garnish with mint sprigs. Serve immediately. Makes 5 servings.

Norwich Bulletin

PINEAPPLE MARINADE

(To be served with roast pork)

Drain 1 can pineapple slices (1 pound 4 ounce size). Reserve juice and blend with:

1/3 c. Kikkoman soy sauce
1/4 c. honey
1/4 tsp. garlic powder
1/4 tsp. ginger

Put in zip lock bag and add pineapple slices. Marinate 1 hour. May be served as is or lightly sauteed.

Pauline La Valley

RHUBARB & HONEY

1 lb. unpeeled rhubarb
1 c. honey
1/4 tsp. salt

Wash and cut rhubarb into pieces without peeling. Blend well with honey and salt. Cook covered over low heat about 5 minutes. Remove cover. Stir and cook only until sauce consistency pleases you.

Al Engler

HONEY GRAPEFRUIT

(For Breakfast)

1 grapefruit

Cut out center core. Put in 1 tablespoon of honey. Let sit for awhile. Stir with a fork to break pulp. Spoon into mouth (natural or chilled).

Al Engler

APPLESAUCE HONEY

4 lbs. baking or cooking apples
1 c. honey
1/4 c. water

Wash apples. Cut into quarters, do not peel. Place in shallow pot. Add water, cover and cook 20 minutes until apples are soft - stir frequently. Strain apples. Add honey, blend or stir. Makes 5 to 6 cups.

Al Engler

AL PINEAPPLE

Slice pineapple; dehydrate in sun or dehydrator. Soak in honey, drain off excess; then store in plastic seal-a-meal bag, put in cool place. To eat, take out, eat slowly, enjoy natural fruit taste. Good for snacks for kids' lunch pack. Chew slowly.

Al Engler

HONEY DE PAPAYA

Get a yellow ripe papaya from a fruit market. Let papaya be well ripe (not soft). Cut into 1/2 inch squares or cubes. For 2 cups of cubed papaya, add:

2 tsp. honey

2 to 3 spoons of condensed sweet or evaporated milk

Stir slowly to mix with fork or spoon. Add a dash of nutmeg, a sprinkle of salt (if you like) and 2 small sections of grapefruit. Can be served fresh or chilled. A few crumpled lunch crackers can be sprinkled on top of each serving as an added dimension to your salad (The Farmer's Special).

Al Engler

FRUIT TOPPING

(Serve with fresh fruit.)

Combine:

1 c. salad dressing
1 c. heavy cream, whipped
1/2 c. fruit juice (pineapple, orange)
Dash of grated lemon or orange rind
1 tbsp. flavored brandy
1 tsp. honey
1 tbsp. fresh lime juice
Dash of curry powder
Dash of garlic powder
Dash of ginger

Prepare a short time before serving.

Pauline La Valley

LINDA'S CURRIED FRUIT

"Delicious for brunch"

Preheat oven to 350 degrees.

5 c. mixed canned or fresh fruit, apples, grapes, oranges, grapefruit, etc. your choice

Drain liquid off fruit and place in shallow non-metal baking dish. In a saucepan over medium heat combine:

1/3 c. butter
1/2 c. honey
1 tsp. curry powder

Pour over fruit, mix gently and bake 45 minutes.

Caroleen Frey

MARINATED ORANGES WITH HONEYED WALNUTS

8 Navel oranges, rinsed
1 c. dry white wine
3 tbsp. sugar
1/4 c. orange liqueur

From 4 oranges: remove orange peel in strips as long as possible. Cut into julienne strips. Remove white pith from oranges. Discard rind and pith from remaining 4 oranges. Slice oranges into thin slices into a glass bowl. Add wine, liqueur, sugar and orange peel. Toss to mix. Serve with honeyed walnut topping.

Pauline La Valley

SPICED ORANGES

6 med. oranges
1 med. grapefruit
1/8 tsp. baking powder
1/2 c. honey
1/2 c. sugar
1/3 c. white wine vinegar
1 (6 inch) stick of cinnamon
8 whole cloves
1/2 c. raisins
Dash of bottled hot pepper sauce (opt.)

Peel fruit, reserving peel from 2 oranges. Remove white membrane from reserved peel; cut peel into thin strips. In saucepan combine reserved peel, baking soda and 1 cup water. Simmer, covered, 10 minutes. Drain.

Remove membrane from fruits, section oranges and grapefruit over a bowl, catching juices. Chop grapefruit. Discard seeds. In large saucepan combine sugar, honey, vinegar, seasonings and reserved peel. Bring to boiling; reduce heat. Simmer, uncovered 10 minutes; remove. Add oranges, grapefruit and raisins. Cool slightly. Spoon into jars or moisture-vaporproof containers. Yield: 3 cups.

*Refrigerate up to 2 weeks. *Freeze up to 1 year. *Makes great gift. Gift instructions: "Serve chilled with meats, poultry or fish." Remove cinnamon stick before preserving.

Pauline La Valley

HONEY BAKED APPLES

4 lg. apples
4 tbsp. honey
1/4 c. orange juice
Sugar & nutmeg (to taste)

Core apples and combine honey and orange juice and pour into center of apples. Set in baking dish with a little bit of water on the bottom. Bake at 375 degrees until done. You may sprinkle tops with a little sugar and nutmeg and run under broiler to glaze.

Helen Ference

EXTRA RECIPES

SALADS & DRESSINGS

DILL

PANTRY PLEASERS

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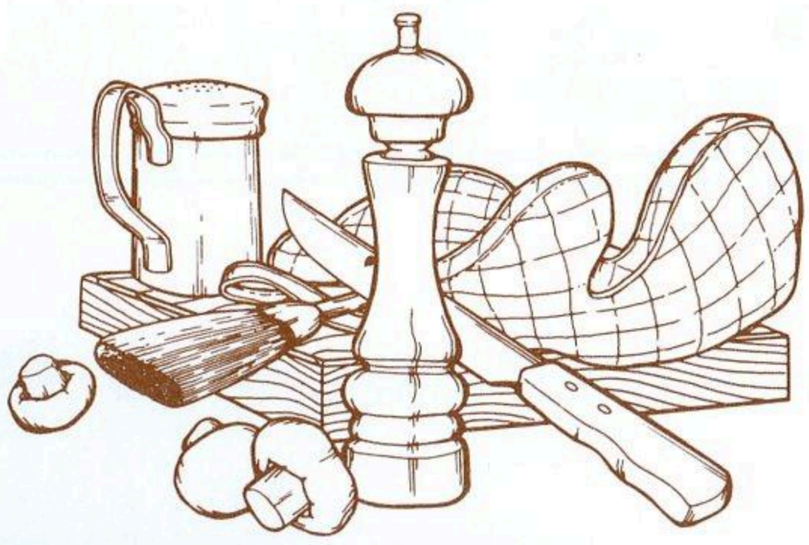


CABBAGE SALAD

4 c. chopped cabbage
1 med. onion, chopped fine
1 pkg. Chinese (Ramen) noodles, crushed, discard flavor packet
1 can baby shrimp, drained (tuna or chicken)
1/2 c. oil
1/4 c. vinegar
1/4 c. honey
1/4 c. sunflower seeds

24 hours before serving, whisk together oil, vinegar and honey. Mix together with other ingredients. Cover tightly, refrigerate 24 hours.

Jane Grilley

BEAN SALAD

1 lb. can cut green beans, drained
1 lb. can cut wax beans, drained
1 lb. can kidney beans, washed & drained
1 1/2 c. chopped celery
1 chopped green pepper
1 chopped onion
2/3 c. honey
1/2 c. salad oil
3/4 c. vinegar
1/2 tsp. salt

Put honey, oil, vinegar and salt in a jar and shake well. Pour over other ingredients and stir gently. Make 24 hours before serving. Stir several times during the 24 hour period, keeps for several days.

Francis Alloway

FRUIT SALAD

3 c. diced fruit, your choice
3 tbsp. honey
1/2 tsp. salt
1 c. sour cream
1 c. miniature marshmallows

Mix ingredients, chill before serving.

Jackie Grilley

BEET JELLO SALAD

2 bunches beets, cooked & reserve liquid
1 can (15 oz.) crushed pineapple
2 tbsp. unflavored gelatin
1/2 c. cold water
1/2 tsp. ground cloves
1/2 c. chopped pecans

Cook beets until tender. Rub off skins and dice to make 1 1/2 cups. Drain pineapple, reserving juice. Soften gelatin in 1/2 cup of cold water for a few minutes. Heat to boiling 3 cups beet liquid and 1 cup pineapple juice, adding water if necessary. Remove from heat. Add gelatin and stir to dissolve. Add honey and cloves; stir until blended. Chill mixture until it begins to set. Fold in diced beets, pineapple and pecans. Pour into 6 cup mold and chill. Unmold onto serving platter.

Ginny Stanton

COLE SLAW

1 c. mild honey
1 c. wine vinegar
1/2 c. finely chopped onion
1 tsp. salt
1 head cabbage, finely chopped (about 4 c.)
1 c. diced green peppers
1 c. diced celery

In a small saucepan, combine honey with vinegar, onion and salt. Bring to boil; reduce heat and simmer 5 minutes. Cool. Pour the cooled dressing over vegetables and toss. Cover and chill, overnight is best.

Jane Grilley

PIQUANT PLUM SALAD

1 qt. mixed greens
6 fresh California plums, sliced
1 avocado, sliced
2 tbsp. sliced green onions
1/2 c. Honey Vinaigrette Dressing

Toss greens, plums, avocado and green onions in large salad bowl. Pour Honey Vinaigrette Dressing over mixture; toss to coat all ingredients. Makes 4 servings.

National Honey Board

FRESH FRUIT SALAD

(With Honey-Lime Dressing)

HONEY-LIME DRESSING:

6 oz. honey
8 oz. orange juice
6 oz. lime juice
1 tsp. dry mustard
16 oz. sunflower oil
1/4 c. lime peel, fine julienne strips
1/4 c. candied ginger, finely chopped
Cayenne pepper to taste
Salt to taste

TO PREPARE DRESSING: Combine and mix honey, orange juice, lime juice and mustard. Gradually blend in oil; add lime peel and ginger. Season to taste with pepper and salt. Mix before serving. Yield: 1 1/2 quarts.

3 lbs. orange slices
3 lbs. apple slices, with peel
3 lbs. nectarine slices, with peel
Garnish with shredded coconut

INDIVIDUAL SERVING: Arrange 5 slices each of orange and apple with 3 slices of nectarine on chilled serving plate. Serve with 1 1/2 ounces. HONEY LIME DRESSING: Garnish with coconut. Yield: 24 servings.

National Honey Board

HONEY HATIAN DRESSING

1/4 c. salad oil
1/4 c. honey
1/4 c. vinegar
1/4 tsp. salt

Mix salad oil and vinegar, add honey and salt. Beat vigorously. (Increase amounts proportionately for larger amount of dressing.)

Al Engler

DRESSING DE HONEY

2 tbsp. honey
2 tbsp. white vinegar
1/3 c. salad oil
1/8 tsp. paprika
1/4 tsp. salt

Combine all ingredients and shake. Pour over salad.

Al Engler

PIQUANT HONEY DRESSING

4 tsp. dry mustard
4 tsp. salt
1 tbsp. paprika
8 oz. lemon juice
12 oz. honey
32 oz. vegetable oil
2 oz. ice water

Dissolve mustard, salt and paprika in lemon juice. Blend in honey. Gradually add oil, mixing well after each addition, until mixture is smooth and opaque. Mix in ice water until blended. Cover and refrigerate.

With Permission from National Honey Board

HONEY FRENCH DRESSING FOR SALAD

2 tbsp. honey
2 tbsp. vinegar
1/3 c. salad oil
1/8 tsp. paprika
1/4 tsp. salt
Pinch dry mustard

Combine ingredients in a blender or shake in a pint jar vigorously.

Caroleen Frey

POPPY SEED SALAD DRESSING

1/2 c. honey
1 tsp. dry mustard
1 tsp. salt
5 tbsp. vinegar
1 c. salad oil
1 tbsp. fresh minced onion
1 1/2 tsp. poppy seeds

Place all ingredients except poppy seed in a blender and combine at high speed.

Caroleen Frey

HONEY MAYONNAISE

Start with a jar of mayonnaise (made with eggs) or salad dressing (usually made without eggs) and spark it up to add variety to your meals. Simply measure out 1 cup and add:

1 c. whipped cream
1 tbsp. honey

Excellent with fruit salads.

Dawn Elliott

HONEY FRENCH DRESSING

1 c. vegetable oil
1/2 c. catsup
1/3 c. cider vinegar
1/3 c. honey
1 tsp. each salt, paprika & grated onion
1 clove garlic, halved

Put all ingredients in a bottle and shake well. Let stand 10 minutes, remove garlic, chill.

Gail Thompson

POPPY SEED DRESSING

1/2 c. water
1/2 c. honey
1/4 c. vinegar
2 tbsp. prepared mustard
3 rounded tbsp. finely chopped onions
1 tbsp. poppy seeds
1 tsp. salt
1 1/2 c. oil

Blend first 7 ingredients in blender. Slowly add oil and blend with the rest of mixture.

Mrs. Ernest Ballasy

CREAMY FRENCH DRESSING

1 (10 1/2 oz.) can tomato soup
1/4 c. honey
1/2 c. vinegar or lemon juice
1/4 c. salad oil
1 tsp. salt
1 tsp. dry mustard
1/2 tsp. pepper

Add ingredients to blender and blend on high speed for 5 seconds. Yields: 1 pint and keeps well in refrigerator. This dressing also serves well as a marinade for meats and poultry or a brush-on sauce.

National Honey Board

HONEY VINAIGRETTE SALAD DRESSING

1/3 c. red wine vinegar
1/4 c. honey
1/4 c. olive oil
2 tbsp. lemon juice
1 1/2 tsp. dry mustard
Salt & pepper to taste

Combine all ingredients; mix thoroughly. Makes 1 1/4 cups. SERVING TIP: Serve over favorite fruit or vegetable salad. VARIATION: Three-fourths to 1 teaspoon dried basil, crushed, can be added.

National Honey Board

VEGETABLE PLATE DRESSING

1/2 c. cider vinegar
1/4 c. honey
2 tsp. minced garlic
1/2 tsp. salt
1/4 tsp. pepper
2 c. vegetable oil

Combine all ingredients.

Pauline La Valley

HONEY YOGURT FRUIT SALAD DRESSING

Or Dipping Sauce

1/2 c. plain yogurt
2 tbsp. honey
Crushed or minced mint leaves to taste

Mix well. Top a fruit salad. Dip in fresh fruit.

With Permission National Honey Board

MAIN DISHES

SAGE

TEMPTING MAIN DISH IDEAS

When broiling meats or bacon on a rack, place a piece or two of dry bread in the broiler pan to soak up the dripped fat. This not only helps to eliminate smoking of the fat but reduces the chances of the fat catching fire.

Tenderizing Meat - Mechanical methods: Grinding, cubing and pounding meat breaks down the connective tissue and makes meat tender. Marinating: Soaking meat in acid mixtures such as lemon juice or vinegar tenderizes meat and adds flavor. Often herbs and spices are included in commercial marinades. Meat tenderizers: These are derivatives of natural food-tenderizing agents found in some tropical fruits (such as papaya) which soften meat tissue only while meat is cooking.

For juicier burgers, add a stiffly beaten egg white to each pound of hamburger, or make patties with one tablespoon of cottage cheese in the center.

Marbled beef, which has intermingling of fat with lean, indicates tenderness and rich flavor.

Pork chops which are light in color are corn fed.

If you rub the skin of a chicken with mayonnaise before baking, the skin will get crisp and brown.

A half teaspoon of dry mustard added to a flour mix for frying chicken adds great flavor.

The darker the flesh of a fish, the higher it is in calories.

Rule of thumb for cooking fish: Cook 10 minutes for each inch of thickness.

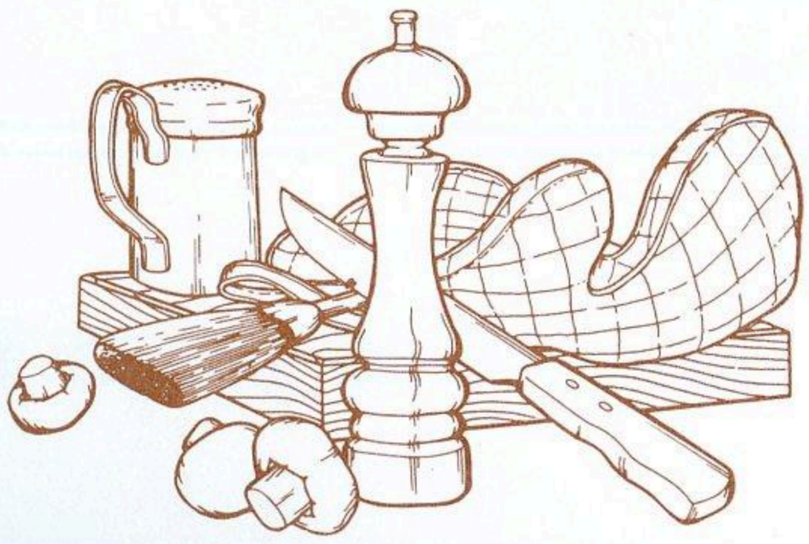
To keep raw fish fresh and odorless, rinse them with fresh lemon juice and water, dry thoroughly, wrap and refrigerate.

For fluffier omelets, add a pinch of cornstarch before beating.

Bacon will lie flat in the pan if you prick it thoroughly with a fork as it fries.

Tenderize tough meat by rubbing both sides with vinegar and olive oil. Let it stand two hours before cooking.

To shape meatballs, use an ice cream scoop to make uniform balls.



SHRIMP KABOBS

Combine ingredients:

1 tbsp. cane sugar
1 tsp. ground red pepper
1 tsp. Teriyaki Sauce
1/2 c. butter
1 tsp. lemon juice
1/2 tsp. garlic powder (I use 4 cloves, crushed)
1/2 tsp. salt
3 dashes Worcestershire sauce
1/2 tsp. white pepper

Simmer in saucepan for 10 minutes to make thick basting sauce. Skewer alternately:

2 lbs. jumbo shrimp, peeled & deviened
1 onion, quartered & separated
7 slices bacon, cooked limp & cut to 1/8 inch pieces
1 bell pepper
1/2 lb. fresh mushrooms

Place over hot coals. Baste with basting sauce.

Charlene Fuller

GRILLED SWORDFISH MARINADE

4 lb. swordfish
1/4 c. honey
1/2 c. orange juice
Salt, pepper to taste
1/4 tsp. minced fresh ginger
1 med. clove garlic, minced
1/2 c. red wine salad dressing

Mix all ingredients. Pour over swordfish and marinate 8 hours or overnight in refrigerator, turn once, at least. Grill steaks on grill, turning often every 5 minutes, until done, basting with remaining marinade, while cooking. Takes approximately 20 to 25 minutes.

Patricia D. Perreault

STIR-FRIED CHICKEN

Skin and bone 2 chicken breasts. Cut the meat into bite-sized chunks and combine with:

1 tbsp. cornstarch
2 tbsp. dry sherry
1 egg white, beaten

Set aside. Slice and set aside:

3 c. fresh broccoli
1 tomato
1 onion

Mince, mix and set aside 6 cloves garlic. Mix and set aside:

1 1/2 c. chicken stock
1/4 c. soy sauce
3 tbsp. cornstarch
2 tbsp. honey

Pour 3 tablespoons peanut oil in a large cast iron skillet and place over stove top at high heat. Add garlic. Stir with a spatula until pieces start to turn brown. Add the meat mixture and stir until brown on all sides. Add sliced vegetables and liquid mixture. Stir fry until gravy forms and vegetables are cooked but still firm. Serve immediately over rice, noodles or toast.

NOTE (all): Many fresh vegetables can be used in place of broccoli such as pea pods, bell peppers (any color), zucchini squash, asparagus, celery, Chinese cabbage and combinations of the above.

Charlene Fuller

HONEY MUSTARD CHICKEN WINGS

12 chicken wings
1/2 c. honey
1/3 c. Dijon mustard

Preheat oven to 325 degrees. Remove the wing tips and break each wing into 2 pieces. Place wings in shallow baking dish. Mix honey and mustard and spread over wings. Bake for 1 hour. Serves 6.

Joanna Melgey

HONEY - MUSTARD CHICKEN

1 pkg. boneless tender chicken
Salt & pepper
2 tbsp. flour
2 tbsp. margarine
1/3 c. water
3 tbsp. Guldens mustard
1 tbsp. honey

Sprinkle chicken with salt and pepper, then coat with flour. In medium skillet, heat margarine until bubbly. Add chicken and brown lightly on both sides. Remove chicken. Stir in 1/3 cup water, mustard and honey. Return chicken, spooning sauce over each piece. Cover and simmer 30 minutes, just until chicken is done. Serve with rice or noodles. Serves 4.

Neysa Johnson

HONEY WALNUT CHICKEN

1 1/2 to 2 lb. boneless chicken breast
1 c. honey
1 1/2 to 2 c. bread crumbs
1 c. ground walnuts
Salt & pepper to taste

Roll chicken in honey, then mixture of walnuts and bread crumbs. Season with salt and pepper. Place in refrigerator for 1 hour. Bake at 350 degrees for 45 minutes or until done.

Bev Boyd

HONEYED CHICKEN TERIYAKI

FOR 4 SERVINGS YOU WILL NEED:

2 lbs. chicken breasts, split, skinned & boned
1/2 c. all-purpose flour
1/2 tsp. salt
1/8 tsp. pepper
2 eggs, beaten
Oil for frying

GLAZE:

1/3 c. soy sauce
1/3 c. honey
1 tbsp. dry sherry
1 clove garlic, minced or pressed
1 tsp. grated fresh ginger
2 tbsp. sesame seeds (opt.)
Celery for garnish

1. Cut chicken in 2-inch squares. For appetizers, cut in 1-inch squares.

2. Combine flour, salt and pepper. Dip chicken in eggs, then coat with seasoned flour.

3. Pour 1/2 inch oil in frying pan; place over medium-high heat. To test temperature of oil, drop a pinch of flour into pan; flour should sizzle and float on hot fat.

4. When fat is hot, add chicken, half at a time. Cook, turning as needed, until chicken is golden brown. Allow total of 6 to 8 minutes for larger pieces, 4 to 5 minutes for smaller pieces.

5. Meanwhile, heat soy, honey, sherry, garlic and ginger in a small pan.

6. Lift chicken from oil. Drain briefly. Dip in honey mixture, then place on a rack set in a baking pan. When all chicken is cooked and dipped, sprinkle with sesame seeds, if used.

7. Bake at 250 degrees for 20 minutes. Brush with glaze after 10 minutes.

8. Serve hot or at room temperature.

Dawn Elliott

CHICKEN A LA HONEY

1/4 to 1/2 c. honey
1 chicken (3 to 4 lb.)
1 c. milk cream
4 to 5 tbsp. warm butter
Dusting of flour

Cut chicken into eating sizes. Add or season with pepper, black or red. Add paprika. Dust in flour and spread butter over pieces. Oven should be hot (350 to 400 degrees).

Roast for 25 to 30 minutes. Then pour over milk and honey. Lower heat. Bake for another 45 to 55 minutes. Feeds about 5 to 6 people. (Cooked vegetables can be served with chicken.)

Al Engler

HONEY MUSTARD CHICKEN BREASTS

4 chicken breast filets
1/4 c. honey
2 tbsp. brown mustard, Dijon style

Smash the chicken breast filets by pounding them with a heavy object (such as an iron skillet). Mix the honey and mustard and spread the mixture on the chicken. Broil the chicken for 15 to 20 minutes.

Amy Samuelson

HONEY GLAZED CHICKEN

4 to 6 pieces cut up chicken
1 tbsp. oil
Black pepper
Garlic powder
1/2 c. honey
1/4 c. lemon juice

Heat large skillet and add oil. Sprinkle chicken with pepper and garlic powder. Brown in oil. Put in baking covered dish and bake at 350 degrees for 30 minutes. Combine honey and lemon juice. Pour over chicken. Bake uncovered 5 to 10 minutes until chicken is glazed, basting occasionally.

Bev Boyd

FRIED CHICKEN WITH CRANBERRY – HONEY DIPPING SAUCE

Combine in a small bowl:

1/4 c. jellied cranberry sauce **1 tbsp. honey**

Serve with fried chicken or turkey and fried apple chunks.

FRYING BATTER:

3/4 c. flour
2 tsp. baking powder
1/2 tsp. salt
Dash of pepper
3/4 c. beer
1 c. cooking oil (for frying)
2 1/4 c. cooked poultry
1 lg. apple, peeled, cored & cut into chunks

Prepare batter, dip frying parts, one at a time. Fry to golden in hot oil.

Pauline La Valley

HONEY CHICKEN LEGS

Remove skin from chicken. Season with onion powder, pepper, thyme, garlic, salt and paprika. Add legs, then put few dabs of butter on legs. Sprinkle small amount of water. Bake slowly at 350 to 400 degrees until golden brown and crisp. Remove after legs are crisp. Garnish with honey on a small brush. Eat when crisp and warm. Honey can be spooned onto legs to suit your taste.

Al Engler

CHILI

1 lb. ground beef or turkey
1/2 c. chopped onion
1/2 c. chopped pepper
1/2 c. chopped celery
2 (16 oz.) cans kidney beans
1 (16 oz.) can or 1 c. frozen green beans
6 oz. tomato paste
2 cans of water
1 tbsp. chili powder, more or less to taste
2 tbsp. vinegar
1/4 c. honey

Brown meat. Cook chopped vegetables with meat 3 minutes. Mix paste, water, chili powder, vinegar and honey in a large saucepan. Add drained meat and vegetables. Simmer 1 hour.

Jane S. Grilley

BEEF STIR FRY

This recipe is quick cooking and easy to prepare. Be sure to have all ingredients measured, sliced and mixed prior to cooking. Total cooking time is less than 5 minutes. Mix together and set aside:

1 c. teriyaki sauce
1/4 c. honey
1/8 tsp. black pepper
3 tbsp. cornstarch

Bone and trim fat from 1 1/2 to 2 pounds beef and slice into bite-sized pieces or strips. Set aside. (Many cut of beef can be used including round and sirloin cuts.) Slice and set aside:

3 c. fresh broccoli
1 tomato
1 onion

Mince, mix and set aside:

6 cloves garlic
1 tsp. fresh ginger root

Pour 3 tablespoons peanut oil in a large cast iron skillet and place over stove top at high heat. Add garlic/ginger mixture. Stir with spatula until pieces start to turn brown. Add the meat and stir until brown on all sides. Add sliced vegetables and liquid mixture. Stir fry until gravy forms and vegetables are cooked but still firm. Serve immediately over rice, noodles or toast.

NOTE (all): Many fresh vegetables can be used in place of broccoli such as pea pods, bell peppers (any color), zucchini squash, asparagus, celery, Chinese cabbage and combinations of the above.

BBQ BEEF

1 c. ketchup
2 tbsp. water
2 tbsp. brown sugar
1 tsp. each: chili powder, honey, mustard, vinegar, Worcestershire sauce, lemon juice
Dash of hot sauce to taste
1 lb. browned ground beef, turkey or 1 lb. fresh or leftover beef or pork, cut into matchstick sized pieces

Mix all ingredients but meat. In a medium saucepan, simmer all ingredients for 1 hour. Serve on rolls or plain.

Jane Grilley

GLAZED SPARE RIBS

MARINADE:

1/4 c. soy sauce
1/4 c. honey
1/3 c. lemon juice
1/4 tsp. salt
1/2 tsp. ground cloves
1/2 tsp. ground ginger
1/2 tsp. dry mustard
1/4 tsp. mace
2 tbsp. sherry wine
1/2 tsp. crushed anise seeds

Sprinkle meat with tenderizer. Cover with marinade and refrigerate overnight. Roast 1 1/2 to 2 hours.

Pauline La Valley

BARBECUE SPARERIBS

3 1/2 lbs. meaty spareribs
1 (8 oz.) can tomato sauce
1/2 c. sherry wine
1/2 c. honey
2 tbsp. red wine vinegar
1/4 c. finely chopped onion
1 clove garlic, minced
1 tsp. Worcestershire sauce
1 tsp. salt
1/4 tsp. coarsely ground pepper

Place spareribs in shallow baking pan. Bake 1 hour in 350 degree oven. Remove from oven and drain off fat in dish. Combine sauce ingredients and pour over spareribs. Continue baking 1 hour or until tender, basting frequently to glaze. Serves 6.

National Honey Board

ILLINOIS CHAMPION HONEY GLAZED LOIN ROAST

2 (14 inch) boneless pork loins
3 cloves garlic
4 tsp. Beau Monde seasoning
4 tsp. salt
4 tsp. freshly ground pepper
1 c. honey
3 c. cola

Rub loins with cut cloves of garlic and season with mixture of Beau Monde seasoning, salt and pepper. Rub in. Tie loins together, place in plastic bag and refrigerate overnight. Put on spit. Roast 2 to 2 1/2 hours over moderate heat or until meat thermometer reads 170 degrees. Pork must be thoroughly done and there should be no pink color. Baste every 15 minutes of roasting time with honey cola sauce. Serves 8 to 12.

Dadant and Sons

SWEET & SOUR PORK

1 lb. pork, cut into 1/2 inch chunks or strips
2 tbsp. oil
2 tbsp. Worcestershire sauce
1/2 green pepper, chopped
1/4 c. chopped onion
1/2 c. pineapple syrup
1/2 c. honey
1/4 c. red wine vinegar
4 slices of pineapple, cut up
1 tbsp. cornstarch
1/4 c. water (cold)

In a 2 quart saucepan, brown pork in Worcestershire sauce and oil, along with pepper and onion until the liquid is dried up. Mix pineapple syrup, honey and vinegar. Add to meat and vegetables. Simmer 1/2 hour with lid on. Add pineapple chunks. Bring to boil. Mix cornstarch and cold water until dissolved. Add to boiling mixture. Simmer on low 5 minutes. Serve over hot rice or noodles.

Jane Grilley

HONEY - GARLIC PORK CHOPS

4 thick boneless pork chops
1/4 c. lemon juice
1/4 c. honey
2 tbsp. soy sauce
2 cloves minced garlic

Combine lemon juice, honey, soy sauce, garlic. Pour over chops in a plastic bag. Seal. Refrigerate 4 to 24 hours. Broil chops 5 inches from heat for 12 to 15 minutes total - turning once. Baste with marinade occasionally.

Jane Grilley

BELGIAN WAFFLES WITH ORANGE HONEY

3 lbs. 6 oz. honey
12 oz. orange juice
48 Belgian waffles section, prepared
Butter as needed
24 orange peel roses, opt. garnish
48 apple wedges

TO PREPARE ORANGE HONEY: Combine honey with orange juice; heat just to a simmer. Pour into preheated container. Hold warm for service.

INDIVIDUAL SERVING: Arrange 2 waffle sections on serving plate. Garnish with orange rose and apple wedges. Serve with 2 ounces warm Orange Honey and butter. Yield: 24 servings.

National Honey Board

TANGY HONEY SAUCE FOR MEAT & CHICKEN

1 c. catsup
1/4 c. honey
1 tbsp. prepared mustard
1/2 tsp. ground nutmeg

Combine all ingredients; mix thoroughly. Makes 1 1/4 cups.

SERVING TIP: Spread on meatloaf, pork loin, ribs or chicken pieces during last 15 minutes of baking or serve as dipping sauce.

National Honey Board

BARBECUE SAUCE

In a medium saucepan, combine:

1 c. catsup
Juice of 1 lemon
1 onion, chopped
1/4 c. honey
3 tbsp. Worcestershire sauce
2 tsp. bottled mustard
Tabasco sauce to taste

Simmer uncovered for 5 minutes.

Charlene Fuller

HONEY BARBECUE SAUCE

1 onion, finely chopped
1/2 c. butter
1 (6 oz.) can tomato paste
1/2 c. Worcestershire sauce
1/3 c. lemon juice
1/4 c. honey
1/4 c. brown sugar
1 clove garlic
1 tbsp. salt
10 to 12 drops hot pepper sauce

Saute onion in butter in heavy skillet until transparent, but not brown. Add tomato paste, water, Worcestershire sauce, lemon juice, honey, brown sugar, salt and pepper sauce. Simmer on low heat for 1 1/2 hours. Makes about 1 1/2 pints. Can be refrigerated up to 3 weeks.

Neysa Johnson

PINEAPPLE MARINADE

(To be served with roast pork.)

Drain 1 can pineapple slices (1 pound 4 ounce size). Reserve juice and blend with:

1/3 c. Kikkoman soy sauce
1/4 c. honey
1/4 tsp. garlic powder
1/4 tsp. ginger

Put in zip lock bag and add pineapple slices. Marinate 1 hour. May be served as is or lightly sauteed.

Pauline La Valley

MARINADE FOR BEEF

Combine:

1 (12 oz.) bottle beer
1 tbsp. honey
Juice of 1 lemon
1/2 c. light oil
4 cloves garlic
1 tsp. salt
Dash of ground cloves

Pour over 1 large steak or 1 1/2 to 2 pounds meat pieces for kabobs. Marinate for several hours at room temperature or overnight in the refrigerator. Broil or grill as desired.

Charlene Fuller

INDONESIAN - STYLE DIPPING SAUCE

1/2 c. honey
1/4 c. peanut butter
Soy sauce to taste
Garlic powder to taste
Crushed red pepper to taste
Chopped fresh coriander (opt.)

Blend all ingredients. Use as a dipping sauce for barbecued or fried chicken pieces.

National Honey Board

MEAT MARINADE

1/2 c. honey
1/4 c. soy sauce
1/8 tsp. garlic powder
1/2 tsp. grated orange peel

Blend all ingredients. Use as a marinade or brush on while cooking.

National Honey Board

BAKED HONEY GLAZED HAM

1/4 c. honey
1 tbsp. water or orange juice
1/2 tsp. Dijon style mustard
Dash of ground cloves

Mix all ingredients, heat slightly in microwave to enhance pourability or spreadability. Brush on baking ham during the last 15 minutes. Drizzle over baking sliced ham strips.

Jane Grilley

EXTRA RECIPES

BEVERAGES

DILL

PANTRY PLEASERS

EQUIPMENT FOR JELLY MAKING: You will need a large kettle with a broad, flat bottom. This will allow the sugar and juice mixture to mix quickly and evenly. You will also need a long-handled spoon for skimming the jelly, a pair of tongs for removing the glasses from the hot water and a small pan for heating the paraffin.

Before Storing: Let jellied fruit products stand at least 8 hours to avoid breaking the gel. Cover with metal or paper lids. Store in a cool, dry place. The shorter the storage time, the better the eating.

Preventing skin on sauces and jellies: Spread a thin layer of melted butter or cream over jellies, puddings and other sauces right after cooking. Stir and all the skin and foam will disappear.

Hollow pickles are thought to be caused by faulty growth or staleness of cucumbers.

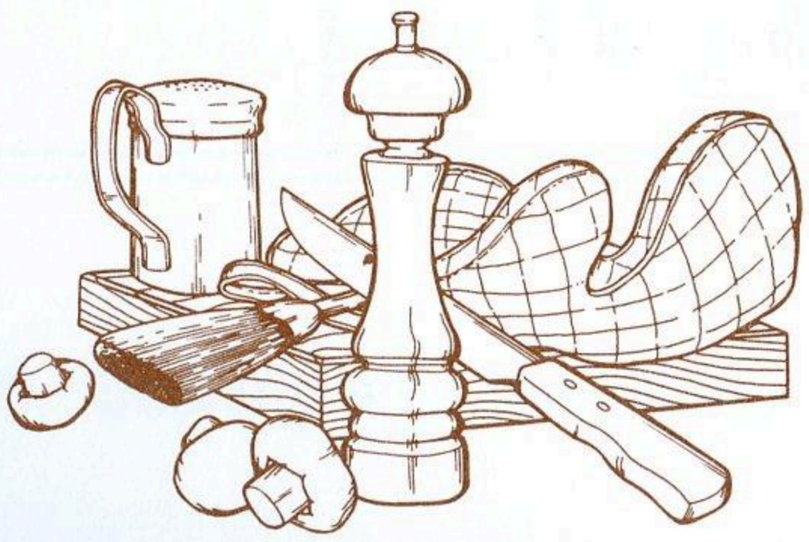
Soft pickles are caused by using brine or vinegar which is too weak, not keeping pickles covered with liquid, not keeping scum removed from top of brine, not heating enough to destroy organisms of spoilage, or not sealing jars airtight while boiling hot.

Shriveled pickles are caused by adding too much salt, sugar or vinegar at one time.

Cider vinegar is not necessary for making pickles and relishes. In fact, some expert home canners prefer to use white distilled vinegar. The important thing is to use a high grade product.

If neither fresh nor dried dill is available, dill seed may be used in making pickles. 2 or 3 tablespoons dill seed are needed for each quart of pickles.

Pickles are likely to spoil unless heated until almost boiling hot at the center, packed into jars, covered with boiling hot liquid and sealed at once or packed cold, covered with boiling liquid and processed 15 minutes in a boiling-water bath. The processing time is for pints and quarts. Half gallons require 25 minutes. The short cooking will not soften pickle.



PINK PUNCH

1 qt. cran-raspberry juice
32 to 46 oz. pineapple juice
3/4 c. honey
3/4 c. sugar
2 qts. lemon-lime soda

Heat cran-raspberry juice with honey and sugar until dissolved. Mix with pineapple juice. Cool. Add soda at serving time.

Jane Grilley

WASSAIL

6 c. apple cider or juice
1 cinnamon stick
1/4 tsp. nutmeg
1/4 c. honey
3 tbsp. lemon juice
1 tsp. grated lemon peel
2 1/4 c. unsweetened pineapple juice
Cinnamon sticks for garnish

In large saucepan, heat cider and cinnamon stick to boiling. Reduce heat, cover and simmer 5 minutes. Stir in nutmeg, honey, lemon juice, peel and pineapple juice and simmer uncovered for 5 minutes. Serve in mugs garnished with cinnamon sticks. Makes 16 1/2-cup servings.

Dadant & Sons, Inc.

CAFE CON MIEL

2 c. prepared coffee, fresh, instant or decaf
1/2 c. milk
4 tbsp. honey, more or less to taste
1/8 tsp. cinnamon
Dash of nutmeg or allspice
Dash of vanilla

Heat ingredients in a saucepan, but do not boil. Stir well to combine. Serve as a light dessert.

Caroleen Frey

CALYPSO HONEY

Honey
2 tbsp. white rum or 2 tbsp. gin-rye
1/2 egg white
3/4 glass of milk

Add nutmeg, cinnamon, vanilla. Stir well until frothy, then serve. (Beware of getting too strong.)

Al Engler

NATURAL NOG

1 egg
1 c. milk
1 tbsp. honey
1 tsp. vanilla
Dash of nutmeg for garnish

Blend chilled ingredients thoroughly.

Neysa Johnson

HONEY NIGHT CAP

Med. tumbler of milk, hot or cold

Dissolve separately 1 tablespoon of pure honey in 1/4 cup of milk. Pour in mixture. Add a pinch of nutmeg, stir in and drink. Said to produce a good sleep.

Al Engler

NATURAL SHAKE

1 egg
1 c. milk
1 tbsp. honey
1 tsp. vanilla
1 scoop vanilla, chocolate or strawberry ice cream

Blend chilled ingredients thoroughly.

Neysa Johnson

BANANA NOG

1 egg
1 c. milk
1 sm. ripe banana, sliced
1 tbsp. honey
1 scoop vanilla ice cream

Blend chilled ingredients thoroughly.

Neysa Johnson

FRUIT NOG

1 egg
1 c. fruit juice
1 tbsp. honey
Pulp of 1 fruit (apricot, prune, apple, pear, peach)

(Fruit juice is to compliment fruit pulp.)

Neysa Johnson

GOLD STRIKE

Blend chilled ingredients thoroughly:

1 egg
1 c. orange juice
1 tbsp. honey

GOLD STRIKE SHRUB:

Add 1 scoop orange or lemon sherbet to above ingredients.

Neysa Johnson

STRAWBERRY NOG

1 egg
1 c. milk
1 tbsp. honey
6 to 8 strawberries
1 scoop strawberry ice cream

Blend chilled ingredients thoroughly.

Neysa Johnson

MORNING HEALTH DRINK

2 c. orange juice
1 heaping tbsp. unflavored protein powder
1/2 cut up banana
1 tbsp. honey

Cut banana into blender, add orange juice, protein powder and honey. Blend on high for approximately 2 minutes. Any fruit juice can be substituted for orange juice; also other fruit or berries can be substituted for banana.

Neysa Johnson

PLUM PURPLE FRAPPE

3 fresh California plums, coarsely chopped
1/2 c. plain lowfat yogurt
2 tbsp. honey
2 tbsp. wheat germ
3 ice cubes, cracked

Puree all ingredients in blender until smooth. Makes 2 servings.

National Honey Board

H2O & HONEY

Cold water, tap or spring

Add 2 tablespoons honey to tumbler. Mix well until honey is completely dissolved. Refrigerate, chill or add ice. Beautiful drink!

Al Engler

JOE'S SMOOTHIE

1 oz. honey
1 oz. good scotch

NOTE: I use 12 year old Glenlivet. Put scotch in glass first, then add honey. Mix well.

Richard W. Perreault

MISCELLANEOUS

DILL

PANTRY PLEASERS

EQUIPMENT FOR JELLY MAKING: You will need a large kettle with a broad, flat bottom. This will allow the sugar and juice mixture to mix quickly and evenly. You will also need a long-handled spoon for skimming the jelly, a pair of tongs for removing the glasses from the hot water and a small pan for heating the paraffin.

Before Storing: Let jellied fruit products stand at least 8 hours to avoid breaking the gel. Cover with metal or paper lids. Store in a cool, dry place. The shorter the storage time, the better the eating.

Preventing skin on sauces and jellies: Spread a thin layer of melted butter or cream over jellies, puddings and other sauces right after cooking. Stir and all the skin and foam will disappear.

Hollow pickles are thought to be caused by faulty growth or staleness of cucumbers.

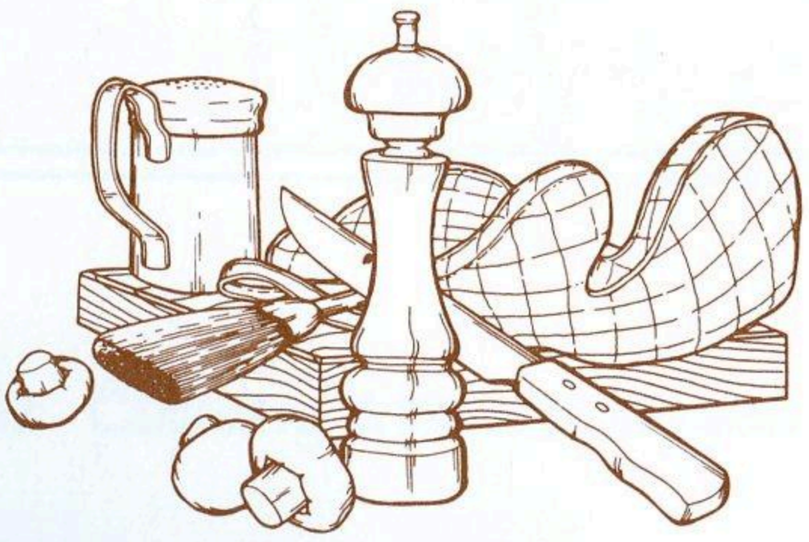
Soft pickles are caused by using brine or vinegar which is too weak, not keeping pickles covered with liquid, not keeping scum removed from top of brine, not heating enough to destroy organisms of spoilage, or not sealing jars airtight while boiling hot.

Shriveled pickles are caused by adding too much salt, sugar or vinegar at one time.

Cider vinegar is not necessary for making pickles and relishes. In fact, some expert home canners prefer to use white distilled vinegar. The important thing is to use a high grade product.

If neither fresh nor dried dill is available, dill seed may be used in making pickles. 2 or 3 tablespoons dill seed are needed for each quart of pickles.

Pickles are likely to spoil unless heated until almost boiling hot at the center, packed into jars, covered with boiling hot liquid and sealed at once or packed cold, covered with boiling liquid and processed 15 minutes in a boiling-water bath. The processing time is for pints and quarts. Half gallons require 25 minutes. The short cooking will not soften pickle.



ALLSPICE HONEY

1 lb. honey (1 1/2 c.)

1 tbsp. whole allspice

Heat mixture on low for 10 minutes. Let stand for at least 2 hours. Heat mixture again on low for 10 minutes. Let stand overnight. Strain and pour into jars.

"The Day" New London, CT with permission

"HOT" HONEY

1 lb. honey (1 1/2 c.)

1 1/2 tsp. dried hot crushed red pepper

Heat mixture on low for 10 minutes. Let stand 1 to 2 hours. Strain and pour into jars.

"The Day" New London, CT with permission

GINGER HONEY

1 lb. honey (1 1/2 c.)

1 tbsp. julienned or minced fresh ginger root

Heat mixture on low for 10 minutes. Let stand at least 2 hours. Strain and pour into jars.

"The Day" New London, CT with permission

CITRUS HONEY

1 lb. honey (1 1/2 c.)

1 tbsp. freshly grated grapefruit, lemon, lime or orange peel

Heat mixture on low heat for 10 minutes. Let stand at least 2 hours. Strain and pour honey into original container or other jar with tight-fitting lid.

"The Day" New London, CT with permission

MINT HONEY

1 lb. honey (1 1/2 c.)

1/4 c. chopped fresh mint

Warm mixture on low heat for 10 minutes. Let stand at least 2 hours. Strain and pour into containers.

"The Day" New London, CT with permission

APRICOT - RHUBARB HONEY JAM

1 (6 oz.) pkg. dried apricots, sliced
1 1/2 c. water
4 1/2 c. diced rhubarb
1 1/2 c. honey
3 c. sugar

Soak apricots in water 12 hours. Stir in rhubarb. Cook in large saucepan, stirring often for 10 minutes. Add honey and sugar. Cook, stirring, not letting it stick, 30 minutes uncovered. Drop 1 tablespoon of jam onto a saucer. Let cook slightly to check for thickness, ladle into jars. Process in hot water bath for 10 minutes.

Lois Tefft

ORANGE HONEY JELLY

1 c. fresh orange juice (about 3 oranges)
3 c. honey
1/2 bottle Certo fruit pectin

Measure juice into a non-aluminum saucepan. Add honey, stir well over high heat, bringing to boil, stirring constantly. At once stir in Certo. Return to hard boil for 1 minute, stirring constantly. Remove from heat. Skim off foam with metal spoon. Pour in jars. Process 10 minutes in boiling water bath.

Lois Tefft

PEACH HONEY JAM

2 c. ripe peaches, peeled & mashed
4 c. honey
1/2 bottle Certo fruit pectin

In deep saucepan, mix peaches and honey. Bring to boil, stirring constantly. Add to Certo. Return to boil. Boil hard 1 minute. Remove from heat, skim foam with metal spoon. Pour into jars. Process 10 minutes in boiling water bath.

Lois Tefft

HONEY PANCAKE SYRUP

Honey can be served straight from the jar on pancakes - but this syrup pours nicely and dilutes the overwhelming sweetness of honey.

1/2 c. water
1 c. honey
1 tsp. vanilla

In a saucepan over medium heat, heat water. Just before boiling, add honey. Stir well until combined, do not boil. Remove from heat, stir in vanilla. That's it! Store in covered jar or syrup dispenser in the refrigerator. Serve over pancakes and waffles.

Caroleen Frey

HONEY SYRUP

(Glaze for Fruitcake)

1 sm. lemon
1 c. sugar
1 c. water
1 tbsp. brandy
1 piece stick cinnamon
2 whole cloves
1 c. honey

Remove rind from lemon, including all white portion. Squeeze out 1 1/2 teaspoons juice into a cup. Set aside. Place lemon rind, sugar, water, cinnamon and cloves into heavy saucepan. Bring to boil. Lower heat. Cook 25 minutes. Stir in honey. Strain. Stir in lemon juice and brandy. Pour over cooled fruit cake before wrapping to store.

Pauline La Valley

NEVER FAIL SYRUP

1 c. honey
1 c. brown sugar
1 c. white sugar
1 c. water
Pinch of salt (opt.)
Flavorings of your choice

Stir together honey, sugars, water and salt in saucepan and slowly bring it to a boil, stirring occasionally. Let it boil 5 minutes. Add flavoring to taste. Makes a little over 1 pint.

Author Unknown

HONEY LEMON WHIPPED CREAM

1 c. heavy cream
1/4 c. honey
5 tsp. lemon juice
1 1/2 tsp. grated lemon peel

Whip cream to soft peaks; slowly add honey and whip to stiff peaks. Fold in juice and peel. Makes 2 cups. SERVING TIP: Serve over gingerbread, fresh apple cake or fruit crepes.

National Honey Board

PEACHES & HONEY LEMON WHIPPED CREAM

1 c. whipping cream
1/4 c. honey
5 tsp. lemon juice
1 1/2 tsp. grated lemon peel
6 fresh California peaches, peeled if desired & sliced
6 individual shortcakes (opt.)

Whip cream to soft peaks, slowly add honey and whip to stiff peaks. Fold in juice and peel. Serve over sliced peaches or top each shortcake with sliced peaches and spoonful of whipped topping. Makes 6 servings.

National Honey Board

HONEY MUSTARD MAYONNAISE

3/4 c. mayonnaise
1/4 c. honey
2 tbsp. Dijon mustard
1 tsp. prepared horseradish

Combine all ingredients; mix thoroughly. Makes 1 cup. SERVING TIP: Serve as dip for fresh vegetables, spread on sandwiches with meat filling or heat slightly and spoon over cooked vegetables.

National Honey Board

HONEYED PEAR BUTTER

3 fresh California Bartlett pears, cored & chopped
1/2 c. water
1 tbsp. honey
1 tsp. unsalted butter
1/8 tsp. ground cinnamon

Combine all ingredients in saucepan. Cook over medium heat, stirring frequently, 15 to 20 minutes or microwave, covered, in microwave-safe dish on HIGH (100%) 3 minutes or until pears are tender. Cool to room temperature. Drain pears; discard the juice and puree the pears. Store in refrigerator, covered, up to 2 weeks. Makes about 1 pint.

TIP: Serve on bread or with grilled or roasted poultry or pork.

National Honey Board

HONEY BUTTER

1/2 c. butter (1 stick)
1/4 c. honey (more or less to taste)

Soften butter and cream in honey. Serve on breads, muffins or crackers. VARIATION: Add 1 teaspoon grated orange or lemon rind. VARIATION: Substitute peanut butter for butter.

Caroleen Frey

WHIPPED HONEY-PEANUT BUTTER

1 lb. 2 oz. honey
1 lb. 8 oz. chunky peanut butter
12 oz. whipped orange butter, prepared*

Combine and whip all ingredients until blended. Cover and refrigerate until time of service. TO SERVE: Spread on bread slices for sandwiches or serve on the side with toast, muffins or biscuits.

*WHIPPED ORANGE BUTTER: Whip 8 ounces softened butter with 4 ounces ice water until increased in volume and spreadable. Add 1 tablespoon grated orange peel. Yield: 12 ounces.

National Honey Board

FROSTY - HONEY FLUFF

1 c. honey
1/4 tsp. salt
2 egg whites

Heat honey over boiling water for 15 minutes. Add salt to egg whites and whip to stiff foam. Add honey slowly, continuing the beating until frosting stands in soft mounds.

Al Engler

HONEY WITHOUT BEES

40 red clover blossoms
40 white clover blossoms
Petals from 12 roses (any color)
1 tsp. powdered alum
2 c. boiling water
5 lbs. sugar

Separate the rose petals, put in strainer with clover blossoms and rinse well with cool water. Boil water, alum and sugar for 3 minutes. Add flower blossoms and petals. Boil hard for 1 minute; stirring thoroughly. Strain and bottle.

Pauline La Valley

GRAMM'S TREATMENT FOR COLDS

(A.)

Garlic
Honey
Salt

Shred garlic, boil 1 cup water in a small pot and cover. When water boils to 1/4 cup, strain off. Mix with honey, a little salt. Sip warm slowly, generally get good results.

(B.)

Honey
Garlic
Fresh coconut oil
Sodium chloride

Crush 2 fresh garlic. One pinch of salt. Mix well. Now take out pieces of garlic, throw out. Add 2 tablespoons fresh coconut oil. Add 2 tablespoons honey. Take 1 tablespoon 3 times daily, followed by a few teaspoons of honey in between.

Al Engler

SEEDBALLS

INGREDIENTS:

Birdseed
1 tbsp. honey
1 egg

MATERIALS:

Fork
Lg. cup
1/2 egg carton
Plastic wrap
Yarn
Sharp-pointed scissors
6 sm. metal balls

1. Mix the egg and honey in a cup with a fork.
2. Pour in the seed until the cup is 1/2 full and mix it again. Add more and more seed until the mixture is fairly stiff and keeps its shape on the fork when you lift some out.
3. Line the egg carton with the plastic wrap. Do this by laying the plastic over the top of the carton and pressing into each of the egg sections.
4. With the point of the scissors make a hole in the bottom of each of the six sections of the egg carton. Be sure to cut through both the carton and transparent wrap.
5. Cut 6 pieces of yarn 8 inches long.
6. Fold one of the pieces of yarn in half. Thread the two ends through one of the holes in the egg carton from inside to outside. Leave a loop 1 inch long inside the egg carton.
7. Do the same with the other five pieces of yarn.
8. Fill each of the egg carton sections with the seed mixture, holding the yarn loops upright as you do so.
9. If you wish, push the wire loop of a metal bell into the top of each section of the seed mixture.
10. Let dry for at least four days. Turn the egg carton upside down on the fourth day and cut away at the bottom of each egg carton section.
11. To remove the bells from the egg carton first cut along the divisions between each section. Snip into the rim of each mold 8 or 10 times. Then carefully peel the pieces off. Peel off the plastic wrap.
11. Hang 1 bell at a time in the birds cage.

Bev Boyd

EXTRA RECIPES

INDEX

Beverages

BANANA NOG 68
CAFE CON MIEL 67
CALYPSO HONEY 67
FRUIT NOG 69
GOLD STRIKE 69
H2O & HONEY 70
HONEY NIGHT CAP 68
JOE'S SMOOTHIE 70
MORNING HEALTH DRINK 69
NATURAL NOG 68
NATURAL SHAKE 68
PINK PUNCH 67
PLUM PURPLE FRAPPE 70
STRAWBERRY NOG 69
WASSAIL 67

Breads & Rolls

APPLE - YOGURT MUFFINS 1
BUTTERMILK YEAST BREAD 6
CARROT & RAISIN MUFFINS 1
CHEESE BREAD 7
HEALTH NUT OAT BRAN MUFFINS 2
HONEY & APPLE BRAN SCONES 2
HONEY AND CORNMEAL BREAD 4
HONEY BUNS 8
HONEY TOAST 3
HONEY WALNUT BREAD 4
HONEY WHEAT BREAD 7
HONEY WHOLE WHEAT LOAF 3
HONEY ZUCCHINI BREAD 5
HONEY - PINEAPPLE BREAD 5
OAT CRACKERS 2
THREE FLOUR HONEY BREAD 8
WHOLE WHEAT & HONEY BREAD 6

Cakes & Cookies

APPLE - HONEY UPSIDE DOWN CAKE 16
BANANA HONEY COOKIES 14
CARROT CAKE 18
CHOCOLATE CHIP HONEY COOKIES 11
CHOCOLATE SWIRL COFFEE CAKE 21
DOUBLE BOILER FROSTING 22
GINGERBREAD SQUARES WITH CRYSTAL-IZED PINEAPPLE 17
HARVEST CUPCAKES 22
HERMITS 12
HONEY CAKES 11
HONEY CHOCOLATE CAKE 18
HONEY CHOCOLATE CAKE 19
HONEY DATE BARS 13
HONEY DROP COOKIES 12
HONEY FRUIT COOKIES 15
HONEY GLAZED BUTTERMILK CAKE 19
HONEY NUT APPLE CAKE 20
HONEY OATMEAL CHEWIES 13
HONEY PEANUT BUTTER FROSTING 22
HONEY SOUR CREAM SPICE CUPCAKES 21
HONEY SPICE CAKE WITH ORANGE CREAM 17
HONEY SQUARES 14
NO BAKE NATURE COOKIES 12
PEANUT BUTTER FRUIT DROPS 11
RHUBARB & HONEY CAKE 16
RUM RAISIN HONEY SPICE CAKE 20
TRAILMIX COOKIES 15

Candy - Snacks

BORDEAUX CHOCOLATE SQUARES 35
CALIFORNIA FRUIT BALLS 36
CASHEW BRITTLE 37
CHRISTMAS ALMOND BRITTLE 38
GRANOLA 33

HONEY BALLS 37
HONEY DIVINITY 37
HONEY FUDGE 38
HONEY GRANOLA 33
HONEY MUNCH 35
HONEY POPCORN CRUNCH 34
HONEY ROASTED NUTS 35
HONEY SANDWICH FILLING 35
HONEYED WALNUTS 34
NUTRITIOUS CANDY 36
POPCORN BALLS 33
POPPY SEED CANDY 36
SANDWICH FILLING 34

Desserts

BAKLAVA 29
BREAD PUDDING 29
CHERRY PIE 24
CHOCOLATE SAUCE 31
COUNTRY FRUIT PIE 27
CREAMY FRUIT PIE 27
CRUNCHY APPLE 27
HONEY APPLE PIE 26
HONEY BERRY SAUCE FOR ICE CREAM 32
HONEY CHEESE PIE 24
HONEY CREAM SAUCE 31
HONEY GLAZED STRAWBERRY TARTS 30
HONEY ICE CREAM 31
HONEY NECTARINE SAUCE 32
HONEY NUT APPLE PIE 26
HONEY RHUBARB BETTY 28
HONEY TOPPED ICE CREAM 32
HONEY - ORANGE GLAZE FOR FRUIT PIES 30
LEMON BISQUE PIE 24
NECTARINE ICE 23
PEACHES N' HONEY SORBET 30
PEAR HONEY PIE 28
PINK SPARKLE FREEZE 23
PUMPKIN PIE 25
PUMPKIN PIE 25
PUMPKIN PIE 26
VANILLA NECTARINE POPS 23

Fruits & Vegetables

AL PINEAPPLE 44
APPLESAUCE HONEY 44
CANDIED CARROTS & ONIONS 41
FRUIT TOPPING 45
HONEY BAKED APPLES 47
HONEY DE PAPAYA 45
HONEY GLAZED LIMA BEANS 41
HONEY GLAZED ONIONS 40
HONEY GRAPEFRUIT 44
HONEY MUSTARD GLAZED CARROTS 43
HONEY PARSNIPS 39
HONEY TOMATOES VIM 39
HONEY - NUT CARROTS 40
HONEY - SPICE ACORN SQUASH 39
HONEYED SWEET POTATOES 42
KIDS FRESH VEGETABLE TREATS 39
LINDA'S CURRIED FRUIT 45
MARINATED ORANGES WITH HONEYED WALNUTS 46
ORANGE GLAZED CARROTS 41
PINEAPPLE MARINADE 43
RHUBARB & HONEY 44
SMASHED SWEET POTATOES 42
SPICED ORANGES 46
STRAWBERRY BREAKFAST PIZZA 43
SWEET POTATOES IN HONEY - ORANGE SAUCE 42
SWEET - SOUR CABBAGE 40

Main Dishes

BAKED HONEY GLAZED HAM 65
BARBECUE SAUCE 64
BARBECUE SPARERIBS 62
BBQ BEEF 61
BEEF STIR FRY 60
BELGIAN WAFFLES WITH ORANGE HONEY 63

CHICKEN A LA HONEY 58
CHILI 60
FRIED CHICKEN WITH CRANBERRY - HONEY DIPPING SAUCE 59
GLAZED SPARE RIBS 61
GRILLED SWORDFISH MARINADE 55
HONEY BARBECUE SAUCE 64
HONEY CHICKEN LEGS 59
HONEY GLAZED CHICKEN 59
HONEY MUSTARD CHICKEN BREASTS 58
HONEY MUSTARD CHICKEN WINGS 56
HONEY WALNUT CHICKEN 57
HONEY - GARLIC PORK CHOPS 63
HONEY - MUSTARD CHICKEN 57
HONEYED CHICKEN TERIYAKI 57
ILLINOIS CHAMPION HONEY GLAZED LOIN ROAST 62
INDONESIAN - STYLE DIPPING SAUCE 65
MARINADE FOR BEEF 65
MEAT MARINADE 65
PINEAPPLE MARINADE 64
SHRIMP KABOBS 55
STIR - FRIED CHICKEN 56
SWEET & SOUR PORK 62
TANGY HONEY SAUCE FOR MEAT & CHICKEN 63

Miscellaneous

"HOT" HONEY 71
ALLSPICE HONEY 71
APRICOT - RHUBARB HONEY JAM 72
CITRUS HONEY 71
FROSTY - HONEY FLUFF 76
GINGER HONEY 71
GRAMM'S TREATMENT FOR COLDS 76
HONEY BUTTER 75
HONEY LEMON WHIPPED CREAM 74
HONEY MUSTARD MAYONNAISE 74
HONEY PANCAKE SYRUP 73
HONEY SYRUP 73
HONEY WITHOUT BEES 76
HONEYED PEAR BUTTER 75
MINT HONEY 71
NEVER FAIL SYRUP 73
ORANGE HONEY JELLY 72
PEACH HONEY JAM 72
PEACHES & HONEY LEMON WHIPPED CREAM 74
SEEDBALLS 77
WHIPPED HONEY - PEANUT BUTTER 75

Salads & Dressings

BEAN SALAD 49
BEET JELLO SALAD 50
CABBAGE SALAD 49
COLE SLAW 50
CREAMY FRENCH DRESSING 53
DRESSING DE HONEY 51
FRESH FRUIT SALAD 51
FRUIT SALAD 49
HONEY FRENCH DRESSING 53
HONEY FRENCH DRESSING FOR SALAD 52
HONEY HATIAN DRESSING 51
HONEY MAYONNAISE 52
HONEY VINAIGRETTE SALAD DRESSING 53
HONEY YOGURT FRUIT SALAD DRESSING 54
PIQUANT HONEY DRESSING 52
PIQUANT PLUM SALAD 50
POPPY SEED DRESSING 53
POPPY SEED SALAD DRESSING 52
VEGETABLE PLATE DRESSING 54

CALORIE COUNTER

For this	CALORIES	*Substitute this*	CALORIES	CALORIES SAVED
MEATS				
Loin Roast, 3½ oz.	340	Pot Roast (Round), 3½ oz.	200	140
Rump Roast, 3½ oz.	340	Rib Roast, 3½ oz.	260	80
Swiss Steak, 3½ oz.	300	Liver (fried), 3½ oz.	210	90
Hamburger (av. fat, broiled), 3 oz.	245	Hamburger (lean, broiled), 3 oz.	185	60
Porterhouse Steak, 3½ oz.	290	Club Steak, 3½ oz.	190	100
Rib Lamb Chop (medium), 3 oz.	300	Lamb Leg Roast, 3 oz.	235	65
Pork Chop (medium), 3 oz.	340	Veal Chop (medium), 3 oz.	185	155
Pork Roast, 3 oz.	310	Veal Roast, 3 oz.	230	80
Pork Sausage, 3 oz.	405	Ham (boiled, lean), 3 oz.	200	205
POTATOES				
Potatoes (fried), 1 cup	480	Potato (baked), 2½" diameter	100	380
Potatoes (mashed), 1 cup	240	Potato (boiled), 2½" diameter	100	140
SALADS				
Chef Salad with: Regular oil, 1 tbl.	160	Chef Salad with: Dietetic Dressing, 1 tbl.	40	120
Chef Salad with: Mayonnaise, 1 tbl.	125	Chef Salad with: Dietetic Dressing, 1 tbl.	40	85
Chef Salad with: Roquefort, Russian, French, 1 tbl.	105	Chef Salad with: Dietetic Dressing, 1 tbl.	40	65
SANDWICHES				
Club Sandwich	375	Open Bacon & Tomato Sandwich	200	175
Peanut Butter and Jelly	275	Open Egg Salad	165	110
Turkey with Gravy	300	Open Hamburger (lean) 2 oz.	200	100
SNACKS				
Fudge, 1 oz.	115	Vanilla Wafers, (dietetic), 2	50	65
Peanuts (salted), 1 oz.	190	Apple, 1	70	120
Peanuts (roasted), 1 cup	800	Grapes, 1 cup	65	735
Potato Chips, 10 medium chips	115	Pretzels, 10 small sticks	35	80
Chocolate, 1 oz. bar	145	Marshmallows, 3	60	85
SOUPS				
Creamed soup, 1 cup	135	Chicken Noodle soup, 1 cup	65	70
Bean soup, 1 cup	170	Beef Noodle soup, 1 cup	70	100
Minestrone soup, 1 cup	105	Beef Boullion, 1 cup	30	75
VEGETABLES				
Baked Beans, 1 cup	320	Green Beans, 1 cup	30	290
Lima Beans, 1 cup	180	Asparagus, 1 cup	35	145
Corn (canned), 1 cup	170	Cauliflower, 1 cup	25	145
Peas (canned), 1 cup	165	Peas (fresh), 1 cup	115	50
Winter Squash, 1 cup	130	Summer Squash, 1 cup	30	100
Succotash, 1 cup	260	Spinach, 1 cup	40	220

TABLE OF SUBSTITUTIONS

INGREDIENT	QUANTITY	SUBSTITUTE
baking powder	1 teaspoon double-acting	1½ teaspoons phosphate or tartrate or ¼ teaspoon baking soda plus ½ cup buttermilk or sour milk
butter	1 cup	1 cup margarine ⅞ to 1 cup hydrogenated fat plus ½ teaspoon salt ⅞ cup lard plus ½ teaspoon salt
chocolate	1 square unsweetened	3 tablespoons cocoa plus 1 tablespoon shortening
cream	1 cup coffee cream	3 tablespoons butter plus ⅞ cup milk
	1 cup heavy cream	1/3 cup butter plus ¾ cup milk
egg	1 whole egg	2 egg yolks
flour (for thickening)	1 tablespoon	½ tablespoon cornstarch or 2 teaspoons quick-cooking tapioca
flour	1 cup all purpose 1 cup cake flour 1 cup self-rising	1 cup plus 2 tablespoons cake flour ⅞ cup all purpose flour 1 cup flour, omit baking powder & salt
herbs	1 tablespoon fresh	1 teaspoon dried
honey	1 cup	1 to 1¼ cups sugar plus ¼ cup liquid
milk	1 cup fresh whole	1 cup reconstituted nonfat dry milk plus 2 teaspoons butter
	1 cup whole milk	½ cup evaporated milk plus ½ cup water
	1 cup sour milk	1 tablespoon lemon juice or vinegar plus sweet milk to make one cup
yeast	1 cake compressed	1 package or 2 teaspoons active dry yeast

TABLE OF EQUIVALENTS

FOOD	QUANTITY	YIELD
apples	1 medium	1 cup sliced
bread crumbs	3 to 4 slices bread	1 cup dry crumbs
	1 slice bread	¾ cup soft crumbs
cabbage	1 pound	4 cups shredded
cheese	¼ pound	1 cup shredded
cherries	1 quart	2 cups pitted
crackers, graham	15	1 cup fine crumbs
crackers, soda	16	1 cup coarse crumbs
	22	1 cup fine crumbs
cranberries	1 pound	3 to 3½ cups sauce
cream, whipping	1 cup	2 cups whipped
dried raisins, currants	1 pound	3 cups, seedless
		2½ cups, seeded
dates	1 pound	2½ cups, chopped
dry beans	1 cup	2½ cups cooked
eggs	5 medium	1 cup
	8 medium egg whites	1 cup
	12 to 14 medium egg yolks	1 cup
flour	1 pound sifted	4 cups
lemon	1	2 to 3 tablespoons juice
macaroni, spaghetti noodles	½ pound	4 cups cooked
nuts, peanuts	5 ounces	1 cup
pecans, chopped	4¼ ounces	1 cup
halves	3¾ ounces	1 cup
walnuts, chopped	4½ ounces	1 cup
halves	3½ ounces	1 cup
onion	1 medium	½ cup chopped
orange	1	1/3 to 1/2 cup juice
rice	1 cup	3½ cups cooked
rice, precooked	1 cup	2 cups cooked
sugar, brown	1 pound	2¼ cups firmly packed
confectioners'	1 pound	3½ cups sifted
granulated	1 pound	2¼ cups

THE MOST USUAL WEIGHTS AND MEASURES

A pinch	=	⅛ teaspoon or less
1 tablespoon	=	3 teaspoons
4 tablespoons	=	¼ cup
8 tablespoons	=	½ cup
12 tablespoons	=	¾ cup
1 cup of liquid	=	½ pint
2 cups of liquid	=	1 pint
4 cups of liquid	=	1 quart
2 pints of liquid	=	1 quart
4 quarts	=	1 gallon
8 quarts	=	1 peck, such as apples, pears, etc.
16 ounces	=	1 pound

SUGGESTIONS FOR MEAT COOKERY

I. Steaks, Chops, Cutlets (taken from refrigerator just before cooking)

	Kind of Meat	*Cuts to Buy*	*How to Cook*	*How Long to Cook* *(minutes per side)*	*Appropriate Vegetables*		*Sauce or Relish*
					Potatoes or Equivalent	*Other Vegetables*	
A.	Beefsteak	Sirloin Porterhouse Club Tenderloin Rib	Broil Pan-broil	(1) 1 *inch thick*: rare - 5 min. medium - 6 min. well done - 7-8 min. (2) 1½ *inches thick*: rare - 7-9 min. medium - 10 min. well done - 12 min. (3) 2 *inches thick*: rare - 16 min. medium - 18 min. well done - 20 min.	Belgian baked potatoes Baked stuffed potatoes	String beans Creamed onions Cauliflower au gratin Buttered parsnips	Mushroom sauce Pan-fried mushrooms Maitre d'hotel butter
B.	Hamburger steak and Meatballs	Bottom round	Pan-broil Broil	(1) *Steak 1 inch thick*: 4-5 minutes (2) meat balls 5-10 minutes	Macaroni Noodles Boiled sweet potatoes	Broiled tomato Curried cauliflower Pan-fried onions	Wilted cucumbers Dressed lettuce
C.	Lamb chops and steak	Rib chops Loin chops Shoulder chops Steak (top of leg)	Broil Pan-broil	(1) *1 inch thick*: 6-7 min. (2) *1½ inches thick*: 9-12 min.	Creamed potatoes Baked potatoes	Diced carrots Buttered peas	Currant jelly Mint jelly

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I. Steaks, Chops, Cutlets (taken from refrigerator just before cooking)

	Kind of Meat	*Cuts to Buy*	*How to Cook*	*How Long to Cook* (minutes per side)	*Appropriate Vegetables*		*Sauce or Relish*
					Potatoes or Equivalent	*Other Vegetables*	
D.	Veal chops	Rib Loin	Braise	(1) 1 *inch thick*: brown, then 45 min.	Baked potatoes Potatoes in cream	Boiled onions Glazed carrots Harvard beets Dandelion greens	Tomato sauce Brown sauce Lemon slices Bread stuffing
E.	Veal cutlets steaks, and birds	Top of leg	Braise (i.e., Pan-fry, then cook covered)	Brown, then 45 min. *Serve well done*	Mashed potatoes Potato puff	Baked tomatoes Asparagus	Brown sauce Piquante sauce Tomato sauce
F.	Pork Chops	Rib Loin Shoulder	Braise Bake	*½ inch thick*: brown, then 20 min. *1 inch thick*: brown, then 40 min. bake 30 min. - 1 hour	Mashed potatoes Baked sweet potatoes Sweet potatoes with apples	Buttered cabbage Cauliflower polonaise Pan-fried onions	Brown sauce Applesauce Spiced jelly Bread stuffing
G.	Pork steak	Top of leg Shoulder	Braise	Brown, then 30 min.	See Pork Chops		
H.	Sliced ham	Center of leg	(1) Pan-broil	*¼ inch thick*: 5 min. per side	Creamed potatoes	Buttered spinach Buttered carrots	Sweet pickles
			(2) Bake at 350° F.	*1½ inches thick*: 1 hour	Scalloped potatoes Glazed sweet potatoes	Buttered cabbage Broccoli Corn oysters	Dressed lettuce
I.	Pork tenderloin	Tenderloin	(1) Braise (2) Bake	Brown, then 20 min. 45 min.	Potatoes au gratin Scalloped potatoes	Mashed Squash Spinach or other greens	Pan-fried apples Applesauce Stuffed apples

SUGGESTIONS FOR MEAT COOKERY

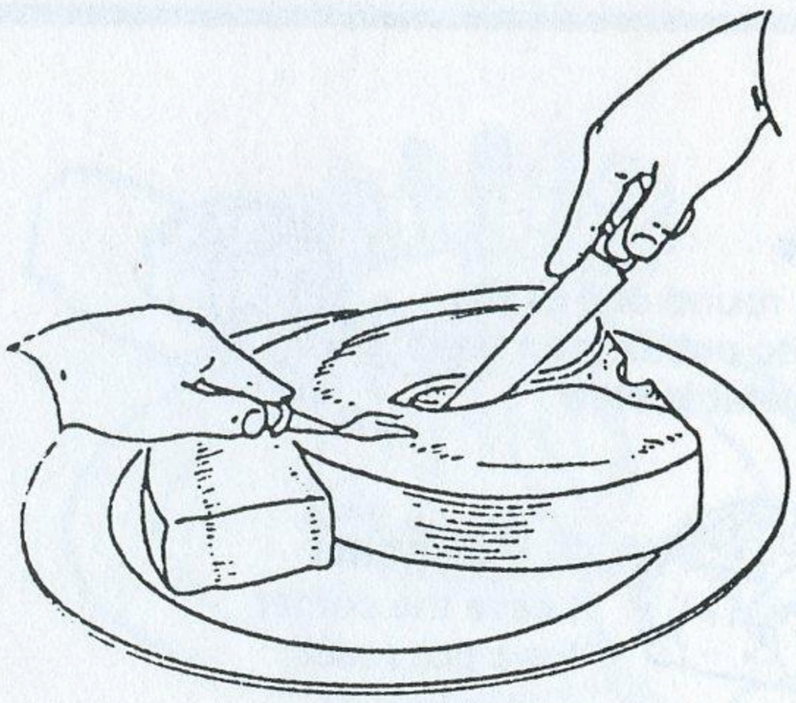
II. Miscellaneous Cuts for Small Families (meat taken from refrigerator just before cooking)

	Kind of Meat	*Cuts to Buy*	*How to Cook*	*How Long to Cook* (minutes per side)	*Appropriate Vegetables*		*Sauce or Relish*
					Potatoes or Equivalent	*Other Vegetables*	
J.	Veal, calf, beef lamb, or pig	Liver	(1) Pan-fry (2) Braise	5 min. per side Brown, then 15 to 30 min.	Creamed potatoes Baked potatoes Pan-fried sweet potatoes	Spinach or other greens Creamed onions Scalloped tomatoes with corn or okra	Broiled bacon
K.	Calf	Heart	(1) ¼ to ½ inch slices broil (2) Stuff and bake	10-15 min. Pan-fry 15 min., bake in casserole 2 hours	Lyonnaise potatoes Potato puff	Baked tomatoes Creamed cabbage Creamed turnip Pan-fried parsnips	
L.	Calf	Sweetbreads	(1) Simmer then reheat (2) En brochette	Simmer 20 min. 12-15 min.	Parsley potatoes Croustade cases Potato balls	French artichoke Asparagus Baked stuffed tomatoes Green peas	
M.	Calf or lamb	Tongue	(1) Stew (2) Stew, then jelly	1½-2 hours	Parsley potatoes Potato salad	Mushrooms Spinach Lima beans	Horseradish sauce Raisin sauce

SUGGESTIONS FOR MEAT COOKERY

II. Miscellaneous Cuts for Small Families (meat taken from refrigerator just before cooking)

	Kind of Meat	*Cuts to Buy*	*How to Cook*	*How Long to Cook* *(minutes per side)*	*Appropriate Vegetables*		*Sauce or Relish*
					Potatoes or Equivalent	*Other Vegetables*	
N.	Calf or lamb	Kidneys	(1) Broil (2) En brochette (3) Pan-fry then stew	5 min. per side 12-15 min. Pan-fry 15 min. stew 30 min.	Delmonico potatoes Hashed brown potatoes	String beans Braised celery Brussel sprouts	
O.	Beef	Tripe	(1) Broil (2) Pan-fry (3) Creole	5 min. per side 5 min. per side 10 min.	Raw fried potatoes Mashed potatoes Baked potatoes	Buttered onions Tomato aspic Buttered carrots	
P.	Hash	Corned beef or left-over meat	Pan-fry or bake	30-45 min.		Buttered beets Wilted lettuce	Dressed lettuce Piccalilli Vegetable salad
Q.	Bacon	Machine-sliced Canadian-style	(1) Pan-broil (2) Bake (3) Broil	(1) 5 min. per side (2) 10-15 min. (3) 3 min. per side		Scalloped corn and tomato Vegetable plate	
R.	Sausage, pork	Link sausage Sausage meat	(1) Pan-broil (2) Bake	(1) 15 min. (2) 25-30 min.	Scalloped potatoes Baked potatoes	Baked squash Creamed cabbage Corn a la Southern	Pan-fried apples Baked apples



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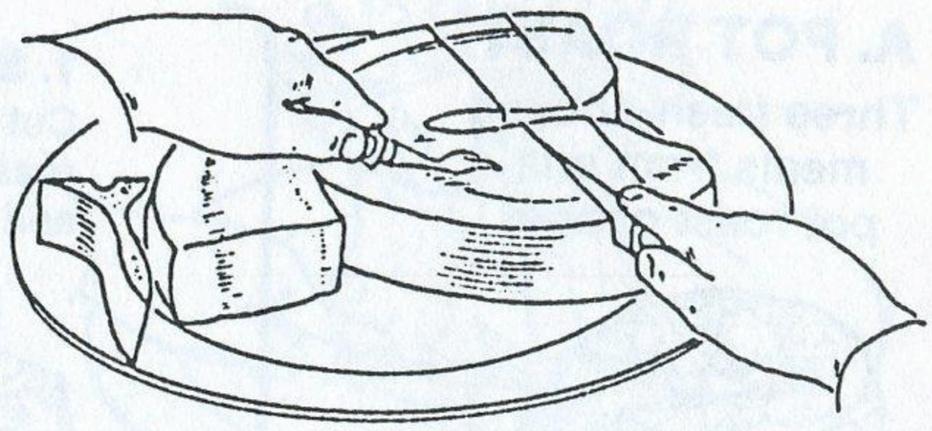
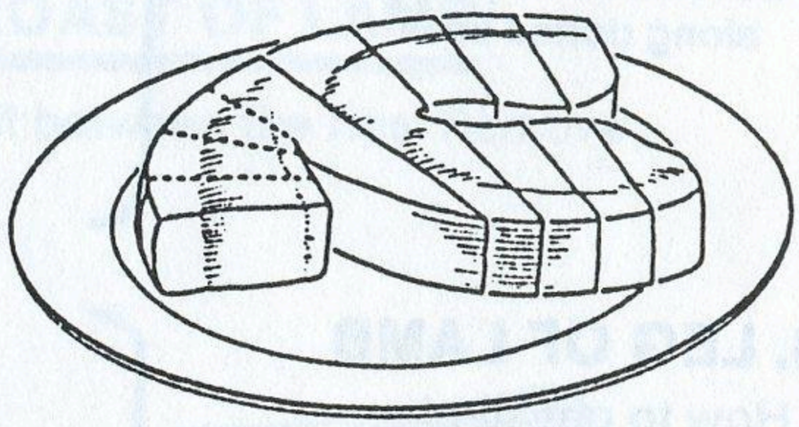


2.

CARVING A PORTER-HOUSE STEAK

Top left: Place steak on a hot platter.
Top right: Cut out the bone.
Right: Cut wedge-shaped strips from the outer edge to the place where the bone was removed. Serve each person some of the choice tenderloin (inside the bone).

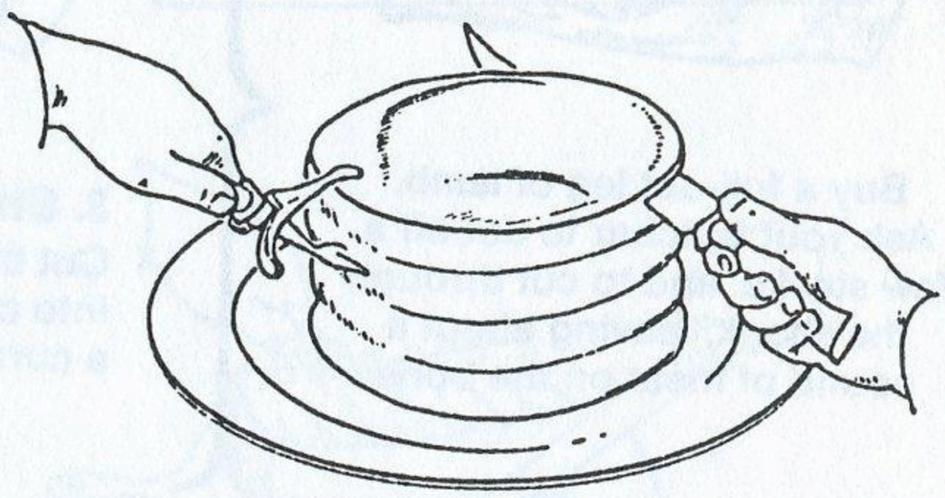


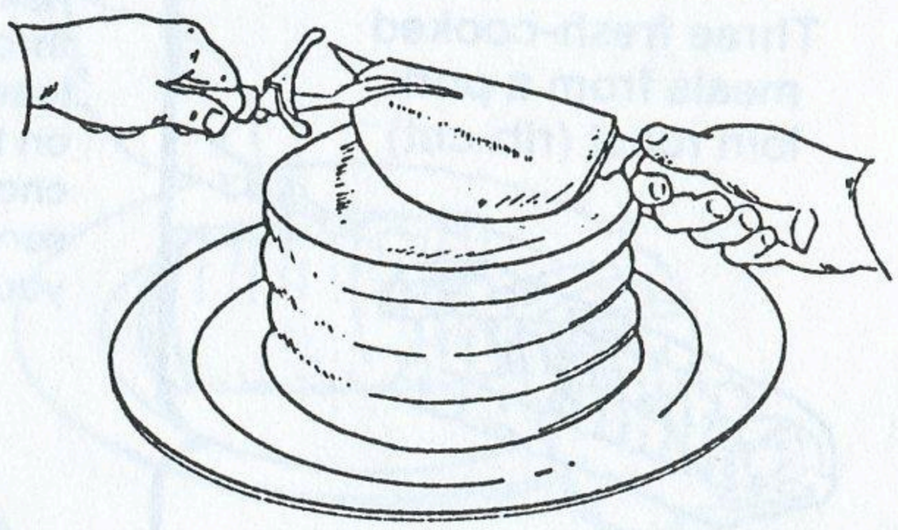
3.

CARVING A ROLLED RIB ROAST

1. Place the roast on a hot platter with the larger cut surface down.
Cut a thin slice across the grain, starting from the right side; cut the cords, one at a time as the roast is sliced down to them.

2. Remove slices to a serving plate as they are cut.

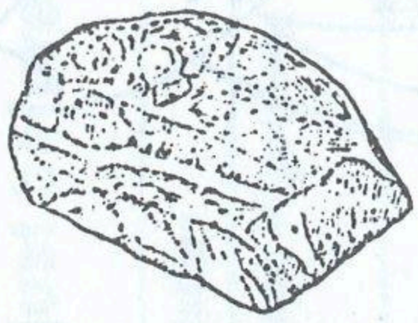




THREE MEALS FROM ONE CUT OF MEAT

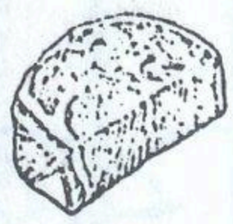
A. POT ROAST

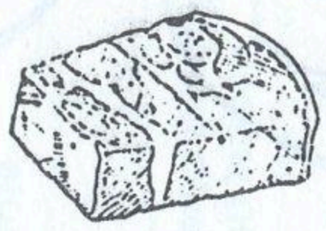
Three fresh-cooked meals from one pot roast of beef



Cut into three pieces along dotted lines

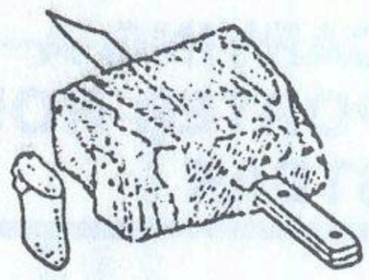
1. Stew
Cut the round end of the roast into cubes for a beef and vegetable stew





2. Pot Roast
Leave the center for a pot roast

3. Swiss Steak
With a sharp knife split the remaining piece to make Swiss steaks

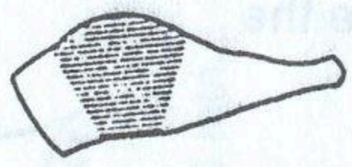


B. LEG OF LAMB

How to get steaks, a roast, a stew from one leg of lamb

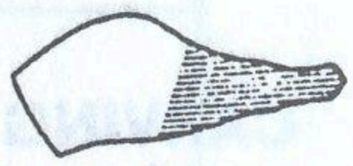
Buy a full-cut leg of lamb. Ask your butcher to cut off a few steaks, and to cut through the shank, leaving about a pound of meat on the bone

1. Steaks to Broil



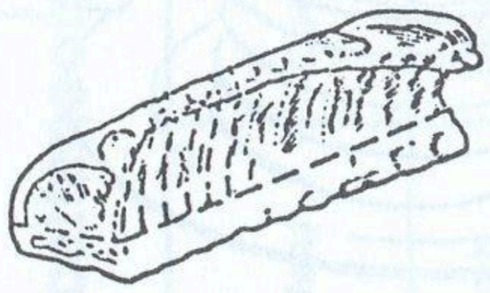
2. Roast

3. Stew or Casserole
Cut the meat from the shank into cubes. Use for an Irish stew, a curry, or shish kebob



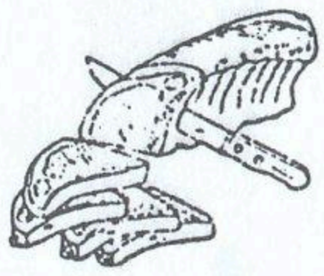
C. LOIN ROAST

Three fresh-cooked meals from a pork loin roast (rib-cut)



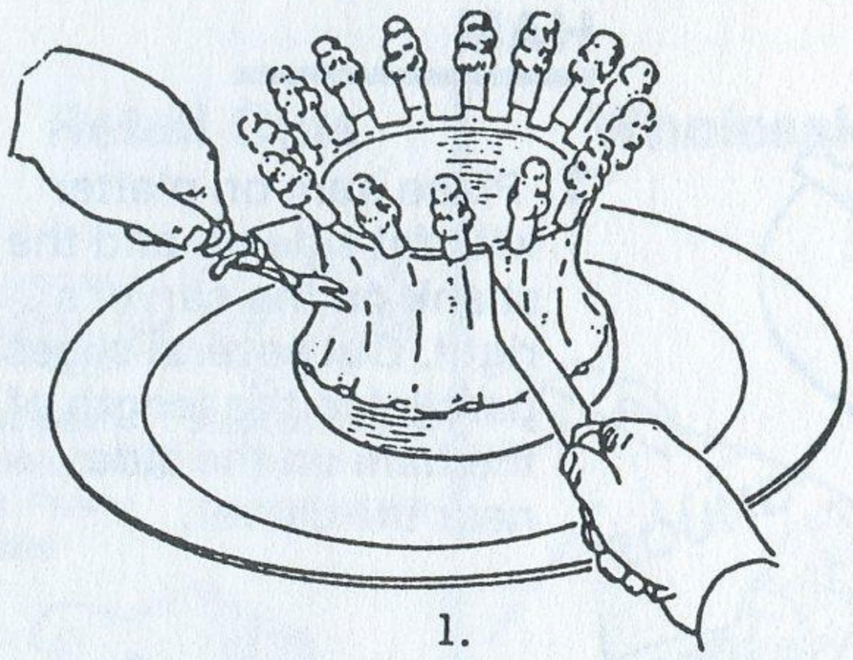
Study the dotted lines carefully so that you can explain to your butcher how you wish the meat cut

1. Barbecued Backbones
Ask your butcher to saw through the ribs high enough to leave an inch thick layer of meat on the backbones. Ask him to chop these backbones into serving-sized pieces. Cook as you would spareribs

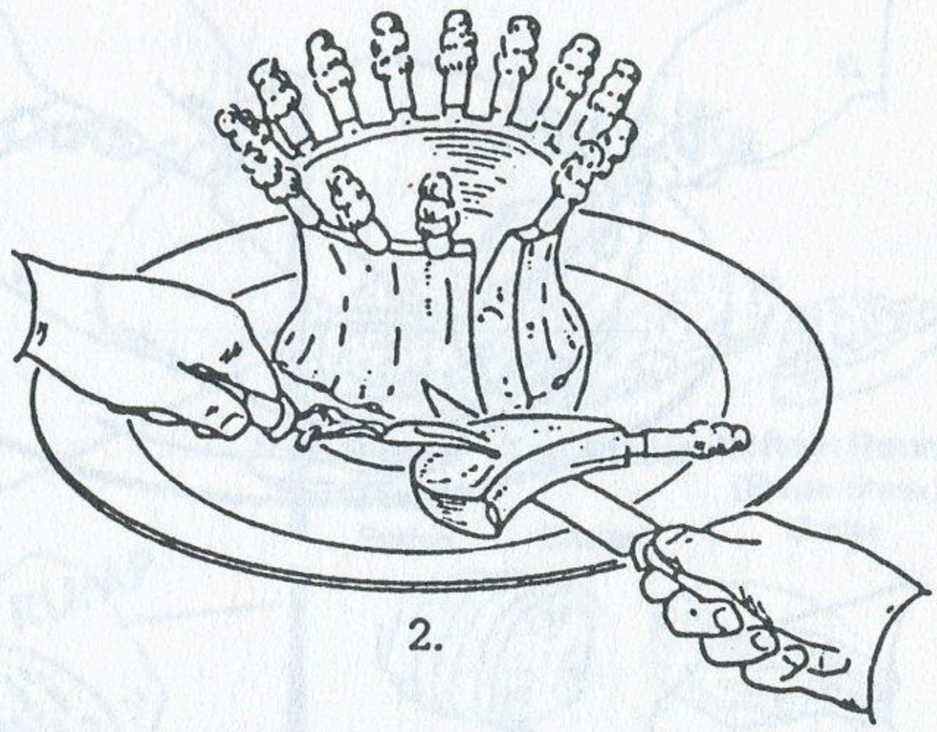


2. Chops
Cut a few chops from the remaining piece by slicing between the ribs

3. Roast
Roast the remaining piece



1.

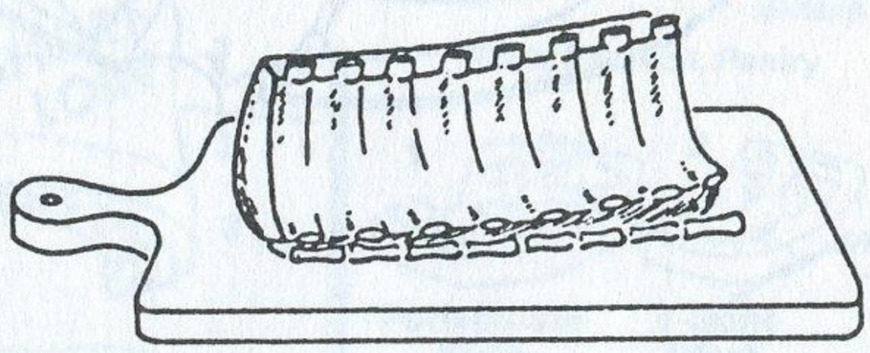


2.

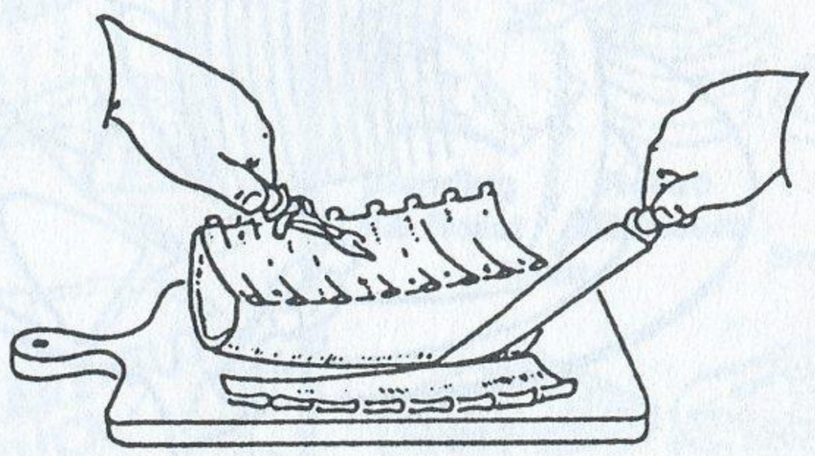
CARVING A CROWN ROAST OF LAMB

The roast is ready for the carver. Cut between the ribs. Remove individual chops to serving plates.

CARVING A LOIN ROAST OF PORK

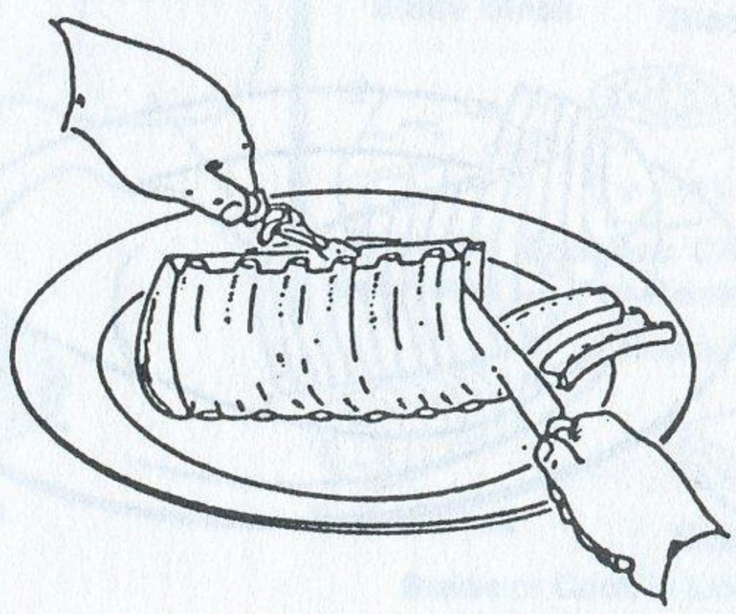


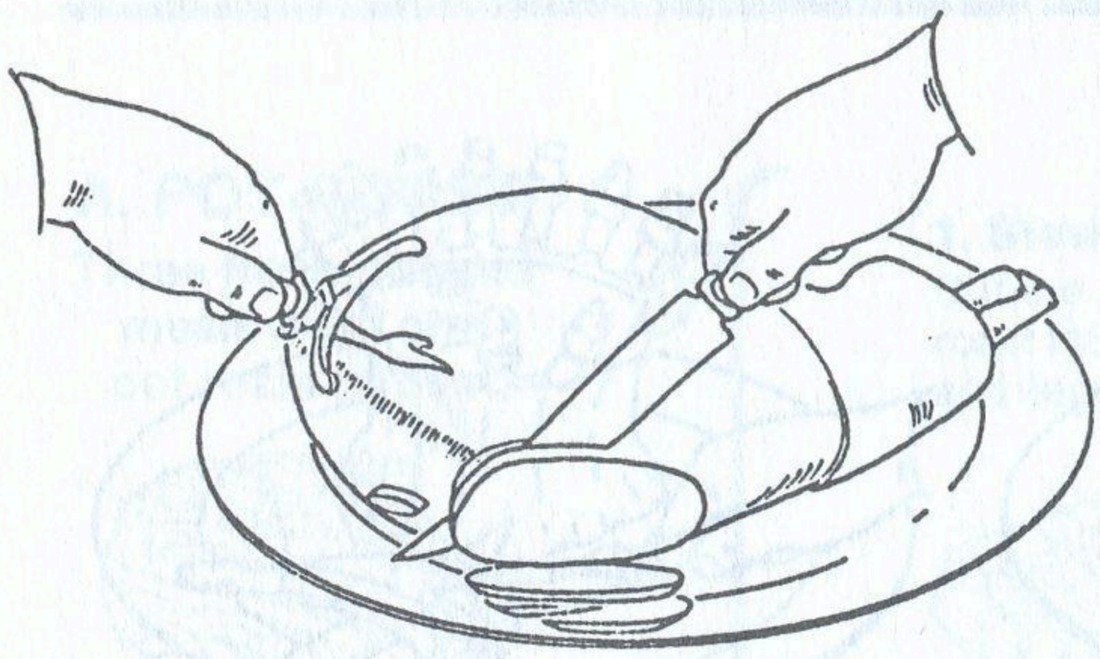
1. Ask the butcher to loosen the backbone by sawing across the ribs close to the joining with the backbone.



2. Cut the backbone away from the cooked roast in the kitchen ready for the carver.

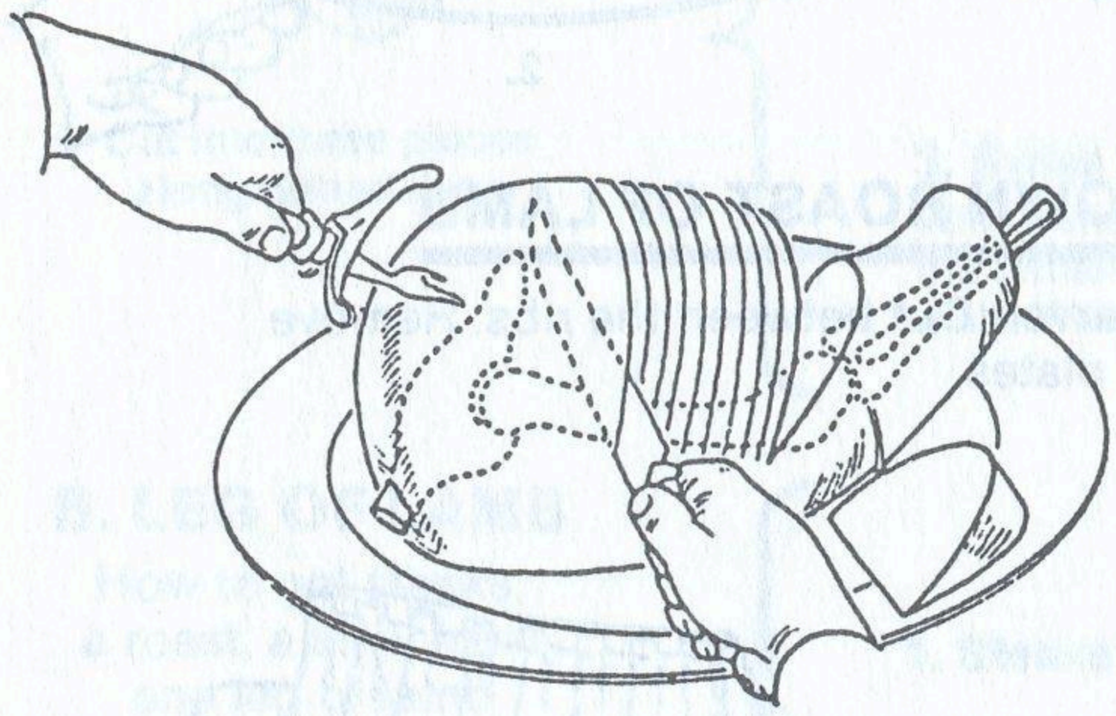
3. Cut the slices close to the ribs; for each slice that has a rib bone, there should be a boneless slice from the space between the ribs.



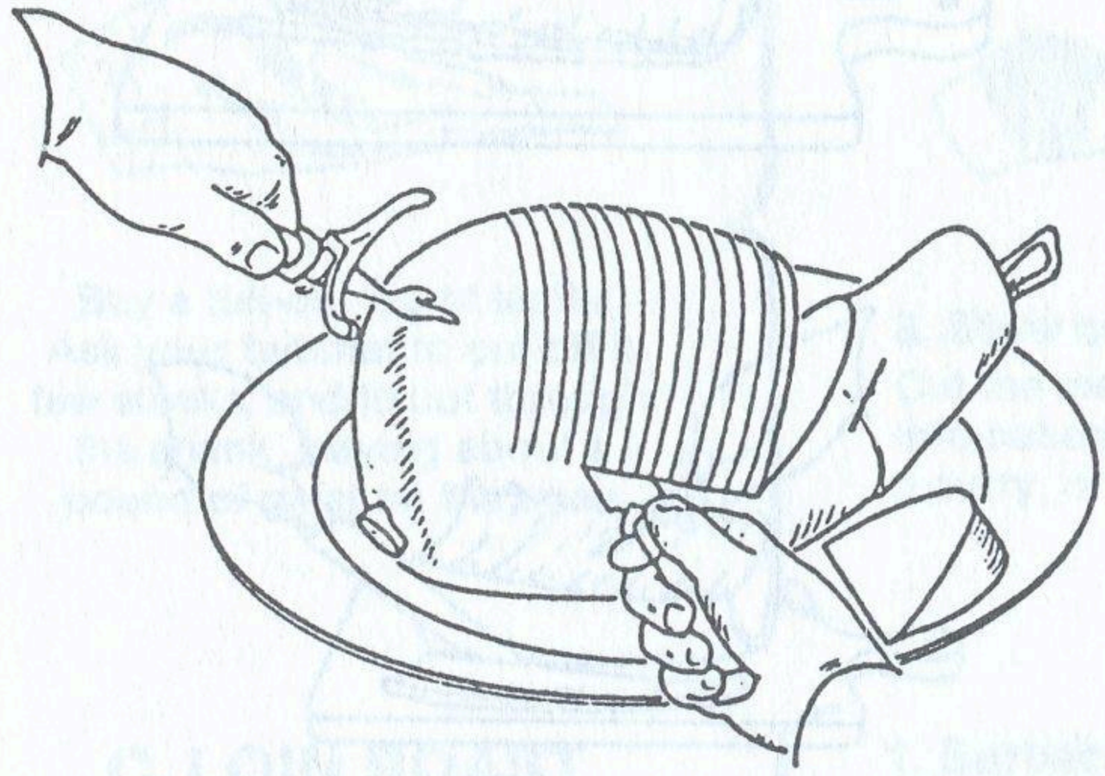


CARVING A HAM

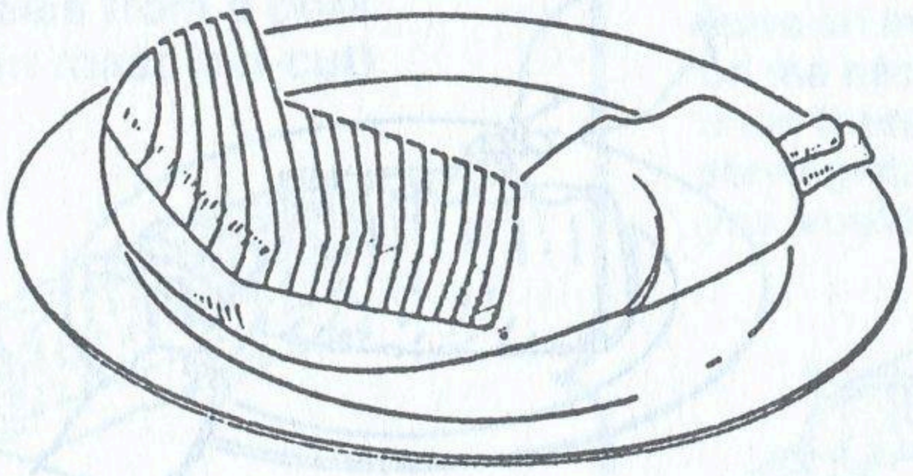
1. Place ham on platter with fat side up and the shank on the carver's right. Cut several slices parallel to the length of the ham on the side near the carver.



2. Turn the ham so that it rests on the cut surface; cut a small wedge from the shank end. Cut thin slices down to the leg bone.



3. Cut along the bone and free the slices.



4. For more servings, turn the ham back to its original position and slice at right angles to the bone.

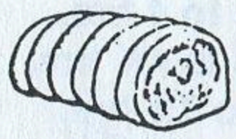
BEEF

Retail Cuts

Ground Beef
Roast (Bake), Broil, Panbroil, Panfry
Braise

Heel of Round
Braise or Cook in Liquid

Hind Shank
Cook in Liquid (Soup) or Braise



Rolled Flank

Flank Meat
Braise or Cook in Liquid

Flank Steak

Flank Steak Fillets
Braise

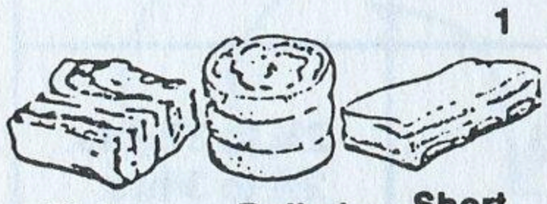


Plate "Boiling" Beef

Rolled Plate

Short Ribs
Braise or Cook in Liquid

Brisket
Braise, Cook in Liquid

Corned Beef
Cook in Liquid

Shank Knuckle
Cook in Liquid (Soup)

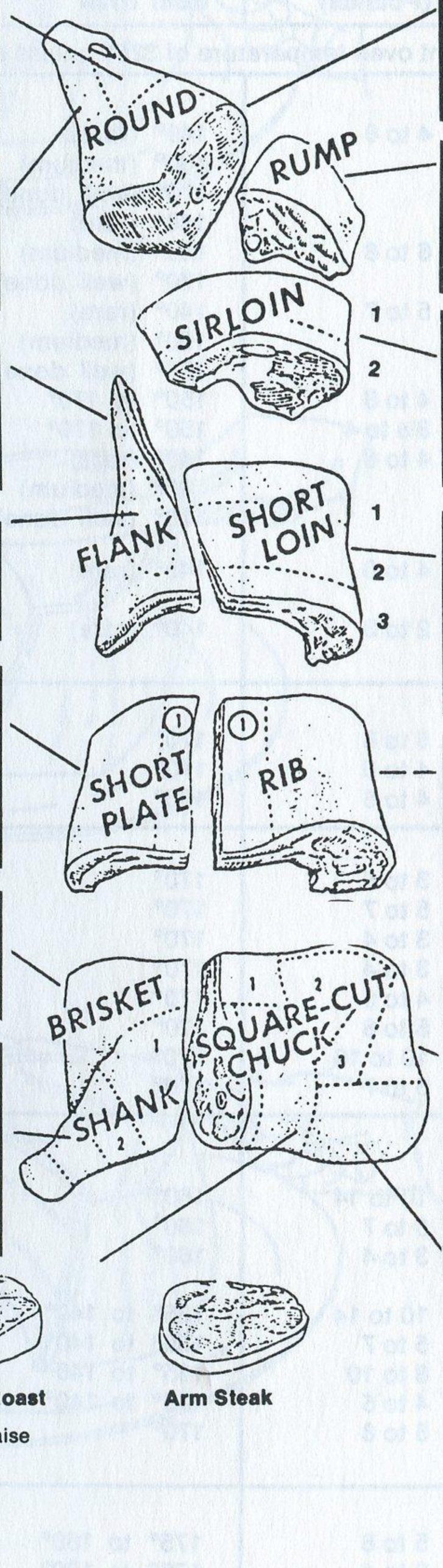
Cross Cut Fore Shank
Braise

English Cut

Arm Pot-Roast
Braise

Arm Steak

Wholesale Cuts

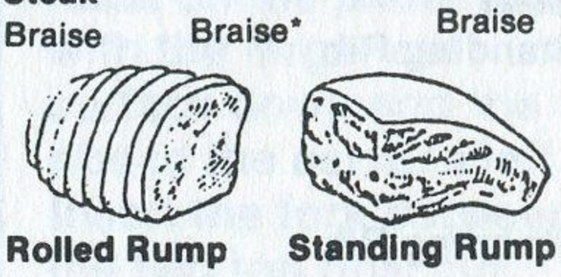


Retail Cuts

Round Steak
Braise

Top Round
Braise*

Bottom Round
(Swiss Steak)
Braise

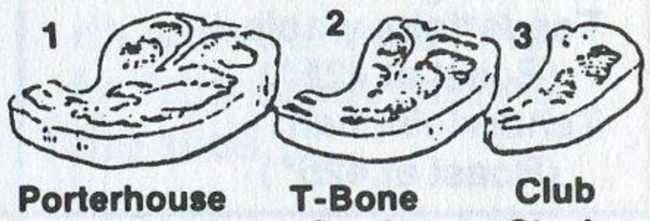


Rolled Rump

Standing Rump
Braise or Roast

Sirloin Steak

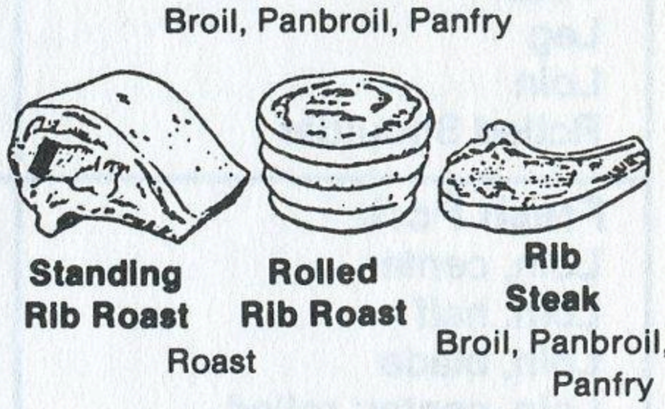
Pin Bone Sirloin Steak
Broil, Panbroil, Panfry



Porterhouse Steak

T-Bone Steak

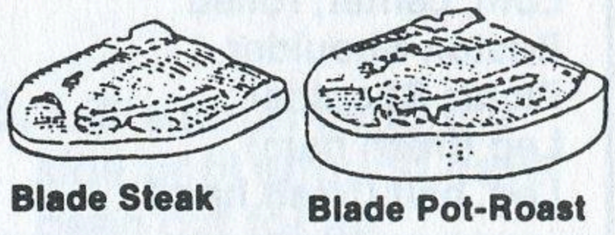
Club Steak
Broil, Panbroil, Panfry



Standing Rib Roast

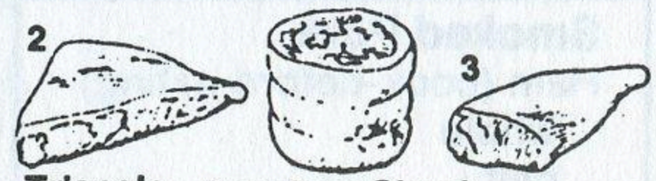
Rolled Rib Roast
Roast

Rib Steak
Broil, Panbroil, Panfry



Blade Steak

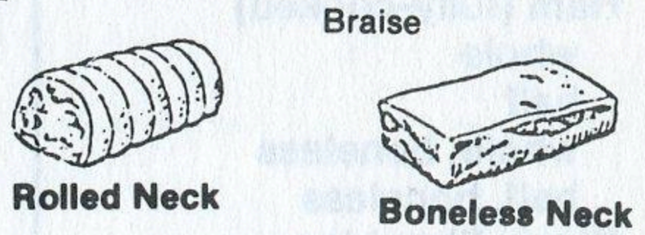
Blade Pot-Roast



Triangle Pot-Roast

Boneless Chuck Pot-Roast

Shoulder Fillet
Braise

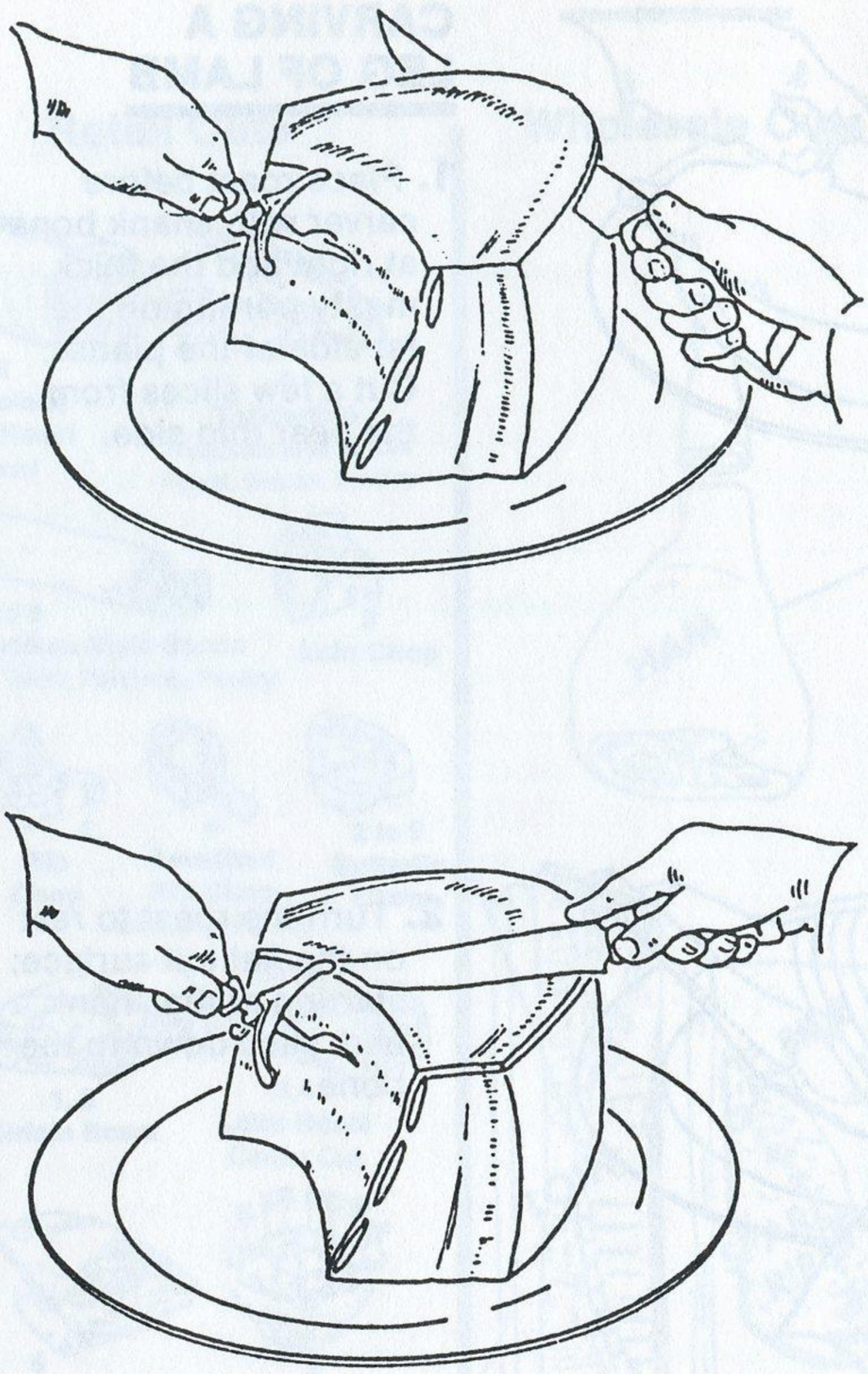


Rolled Neck

Boneless Neck
Braise or Cook in Liquid

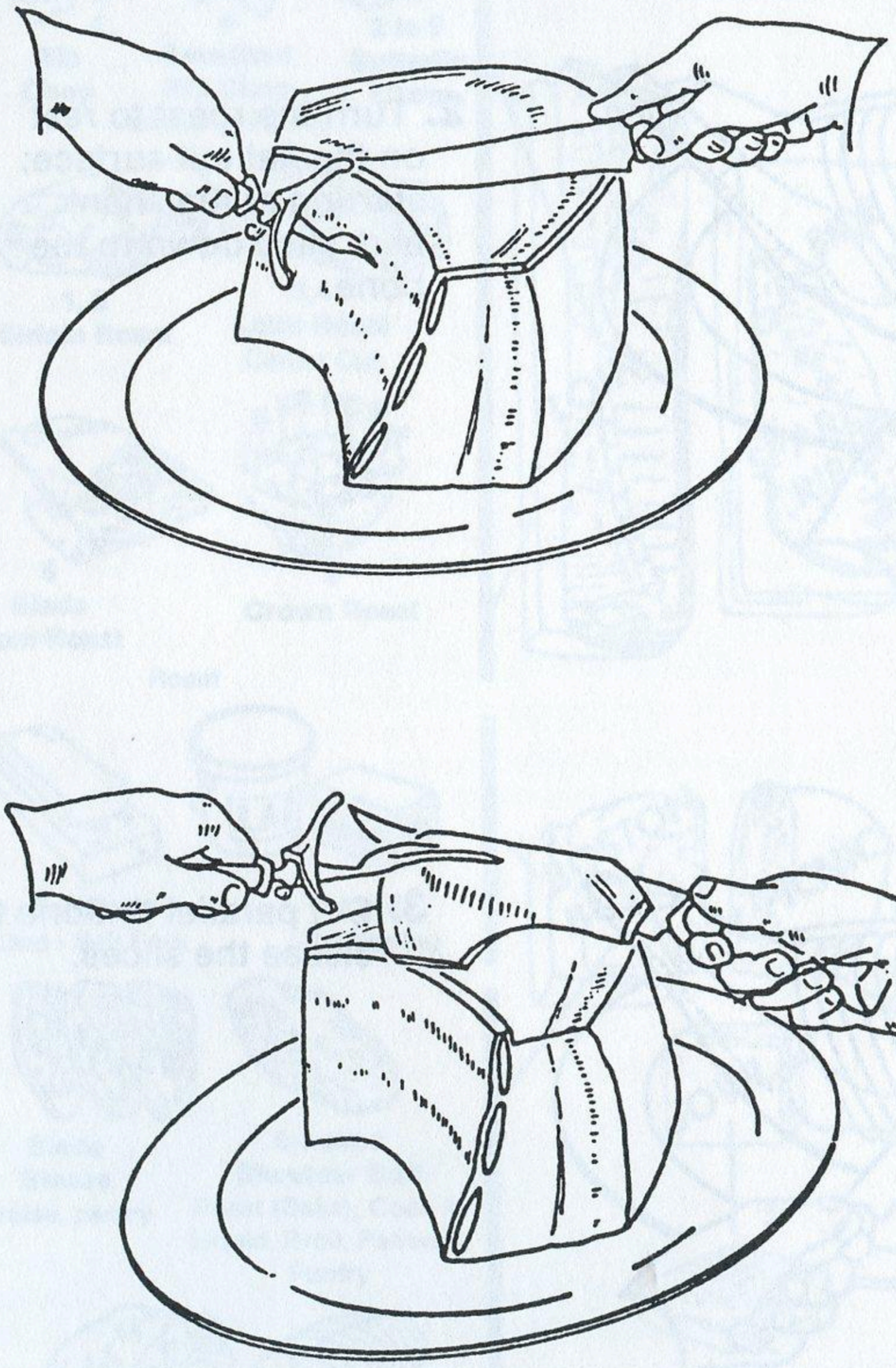
ROASTING TIME AND TEMPERATURE CHART

Cut	Approximate Weight (Pounds)	Internal Temperature on Removal from oven	Approximate Cooking Time (Total Time)
Roast meat at constant oven temperature of 325° unless otherwise indicated.			
Beef			
Standing Rib	4 to 6	140° (rare)	2¼ to 2¾ hrs.
		160° (medium)	2¾ to 3¼ hrs.
		170° (well done)	3¼ to 3½ hrs.
Standing Rib	6 to 8	140° (rare)	2¾ to 3 hrs.
		160° (medium)	3 to 3½ hrs.
		170° (well done)	3¾ to 4 hrs.
Rolled Rib	5 to 7	140° (rare)	3¼ to 3½ hrs.
		160° (medium)	3¾ to 4 hrs.
		170° (well done)	4½ to 4¾ hrs.
Rolled Rump	4 to 6	150° to 170°	2 to 2½ hrs.
Sirloin Tip	3½ to 4	150° to 170°	2 to 2¾ hrs.
Rib Eye or Delmonico (Roast at 350°)	4 to 6	140° (rare)	1½ to 1¾ hrs.
		160° (medium)	1¾ hrs.
		170° (well done)	2 hrs.
Tenderloin, whole (Roast at 425°)	4 to 6	140° (rare)	45 min. to 1 hr.
Tenderloin, half (Roast at 425°)	2 to 3	140° (rare)	45 to 50 min.
Veal			
Leg	5 to 8	170°	2¾ to 3¾ hrs.
Loin	4 to 6	170°	2½ to 3 hrs.
Rolled Shoulder	4 to 6	170°	3½ to 3¾ hrs.
Fresh Pork			
Loin, center	3 to 5	170°	2½ to 3 hrs.
Loin, half	5 to 7	170°	3½ to 4¼ hrs.
Loin, blade	3 to 4	170°	2¼ to 2¾ hrs.
Loin, center; rolled	3 to 4	170°	2½ to 3 hrs.
Boston Shoulder	4 to 6	170°	3 to 4 hrs.
Picnic Shoulder	5 to 8	170°	3 to 4 hrs.
Leg (fresh ham)	10 to 16	170°	4½ to 6 hrs.
Leg, half (fresh ham)	5 to 7	170°	3½ to 4½ hrs.
Smoked Pork			
Ham (cook-before-eating)			
whole	10 to 14	160°	3½ to 4 hrs.
half	5 to 7	160°	2½ to 3 hrs.
shank or butt	3 to 4	160°	2 to 2¼ hrs.
Ham (fully-cooked)			
whole	10 to 14	135° to 140°	2½ to 3 hrs.
half	5 to 7	135° to 140°	1¾ to 2¼ hrs.
whole, boneless	8 to 10	135° to 140°	2 to 2¼ hrs.
half, boneless	4 to 5	135° to 140°	1½ to 2 hrs.
Picnic Shoulder (cook-before-eating)	5 to 8	170°	3 to 4 hrs.
Lamb			
Leg, whole	5 to 8	175° to 180°	3½ to 3¾ hrs.
Leg, half	3 to 4	175° to 180°	3 to 3½ hrs.
Square Cut Shoulder	4 to 6	175° to 180°	2¾ to 3 hrs.
Rolled Shoulder	3 to 5	175° to 180°	2½ to 3 hrs.



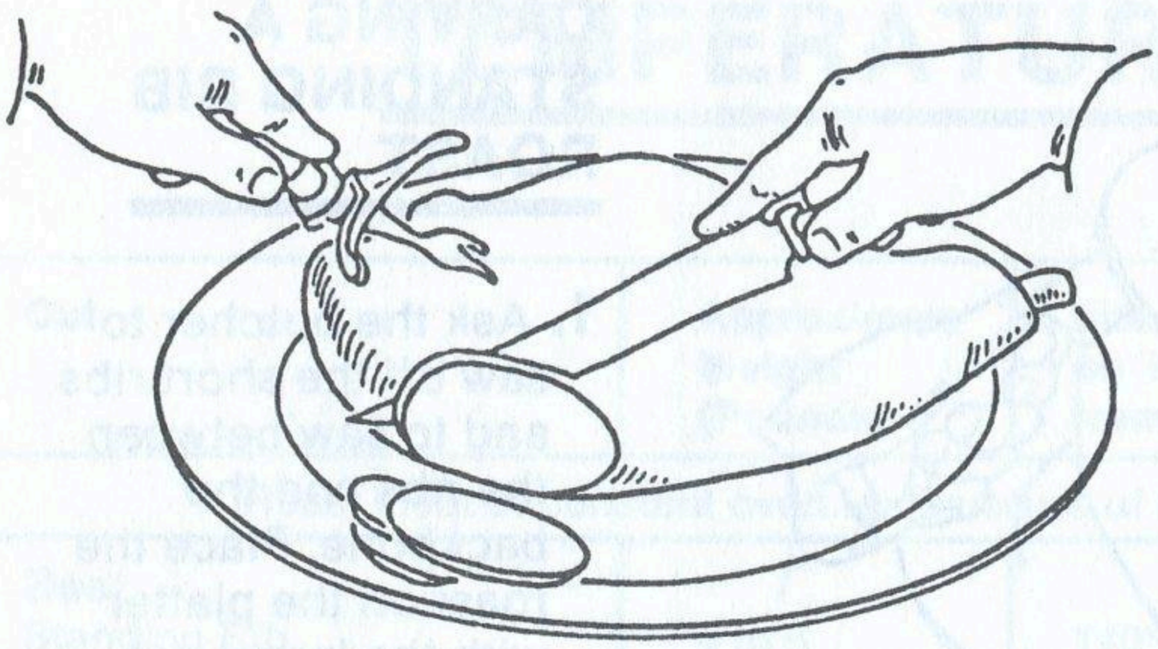
CARVING A STANDING RIB ROAST

1. Ask the butcher to saw off the short ribs and to saw between the ribs and the backbone. Place the roast on the platter with the larger cut surface down and the ribs to the carver's left. Insert the fork between the two top ribs; cut slices from ⅛ to ¼ inch thick.



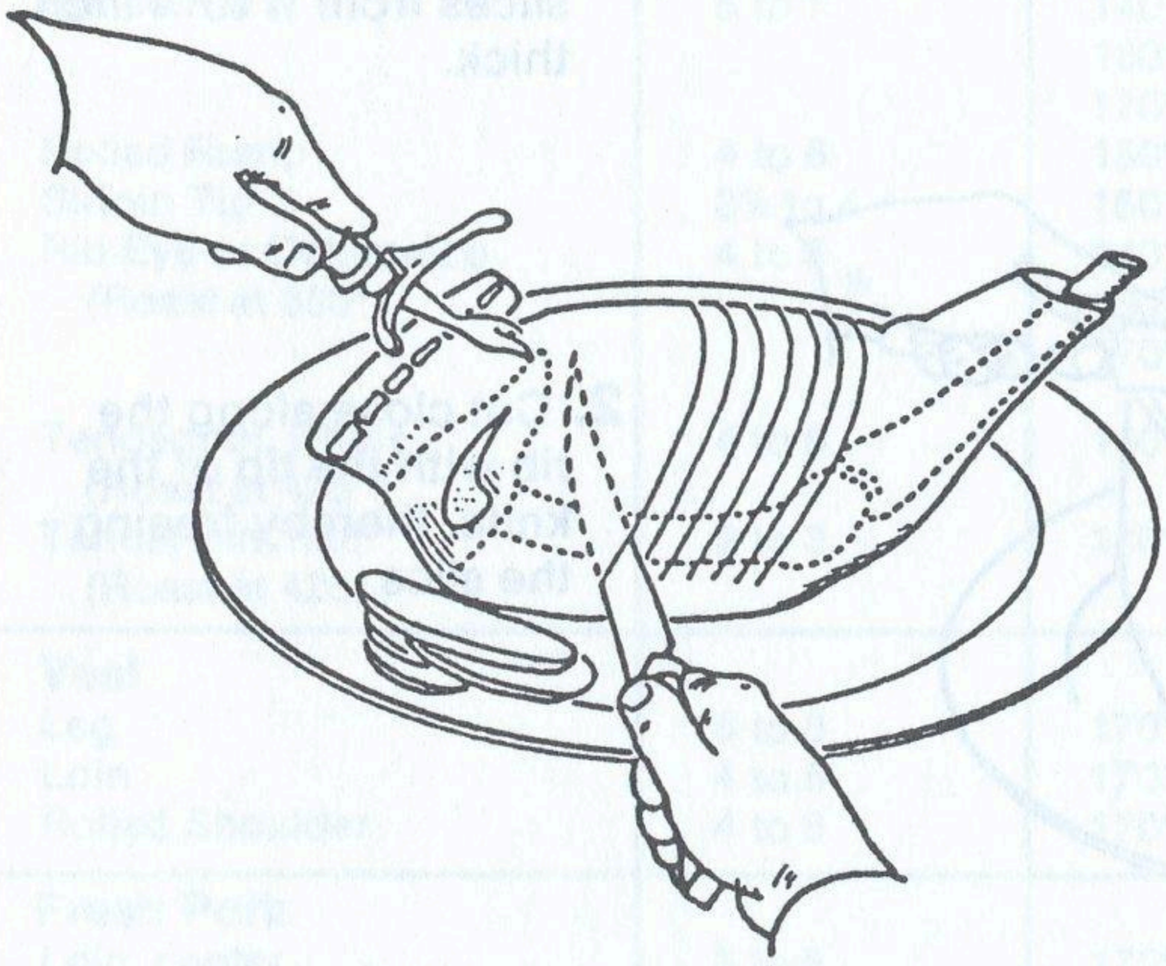
2. Cut close along the rib with the tip of the knife, thereby freeing the slice.

3. Lift each slice to the side until enough have been cut for all.

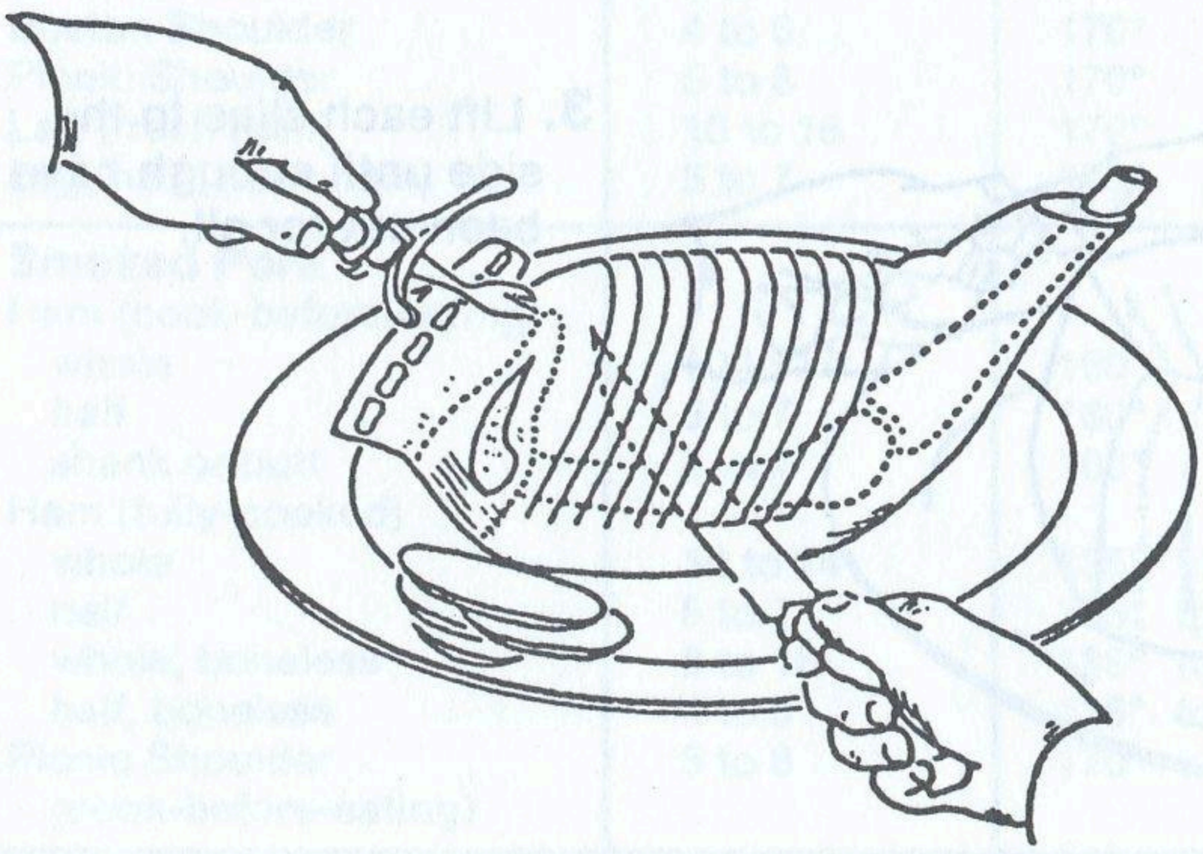


CARVING A LEG OF LAMB

1. Place roast before carver with shank bone at right and the thick, meaty portion on the far side of the platter. Cut a few slices from the near thin side.



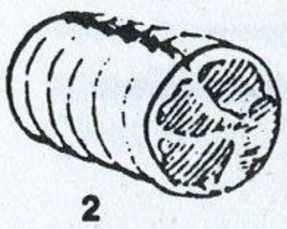
2. Turn the roast to rest on the flat cut surface; starting at the shank end, slice down to the bone.



3. Cut parallel to bone to release the slices.

PORK

Retail Cuts



2
Boneless Loin Roast
Roast

1
Tenderloin
Frenched and Whole
Roast, Braise, Panfry

2 to 5
Canadian Style Bacon
Roast, Broil, Panbroil, Panfry

3
Loin Chop

4
Rib Chop

4
Frenched Rib Chop

2 to 5
Butterfly Chop
Braise or Panfry

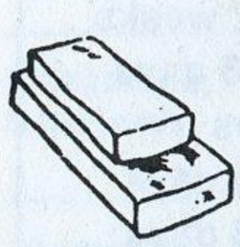
1, 2
Sirloin Roast

3,4
Loint Roast
Center Cut

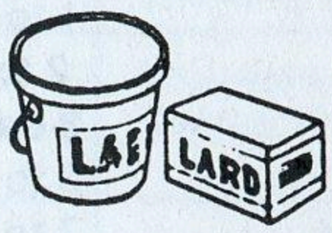
5
Blade Loin Roast

4
Crown Roast

Roast



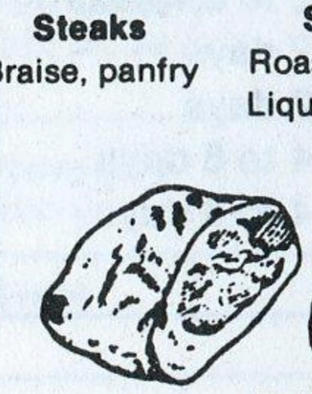
Fat Back
Lard - Salt Pork



Lard
Shortening

Blade Steaks
Braise, panfry

Smoked Shoulder Butt
Roast (Bake), Cook in Liquid, Broil, Panbroil, Panfry

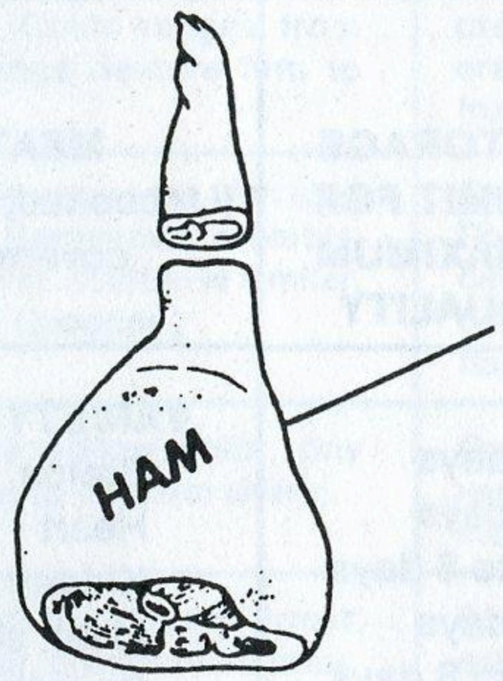


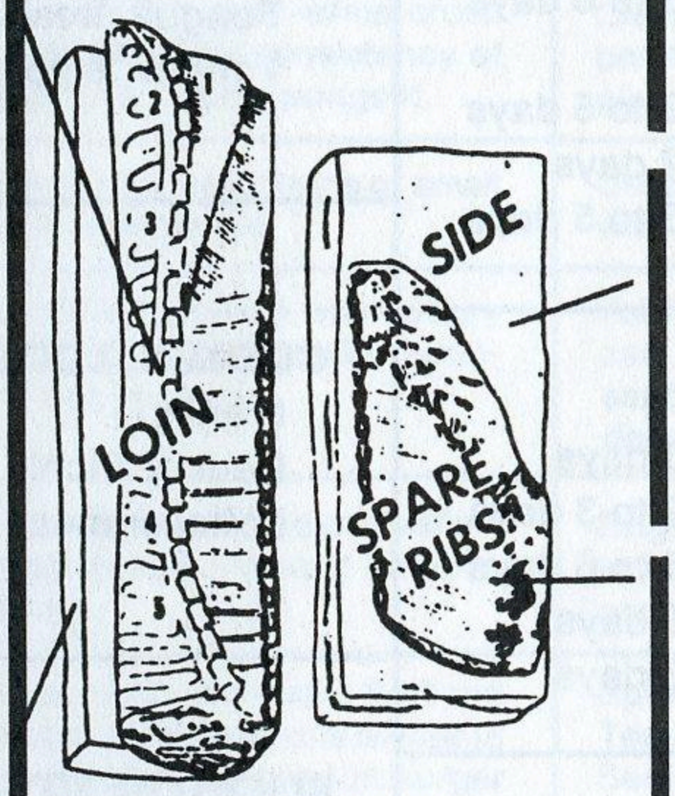
Boston Butt

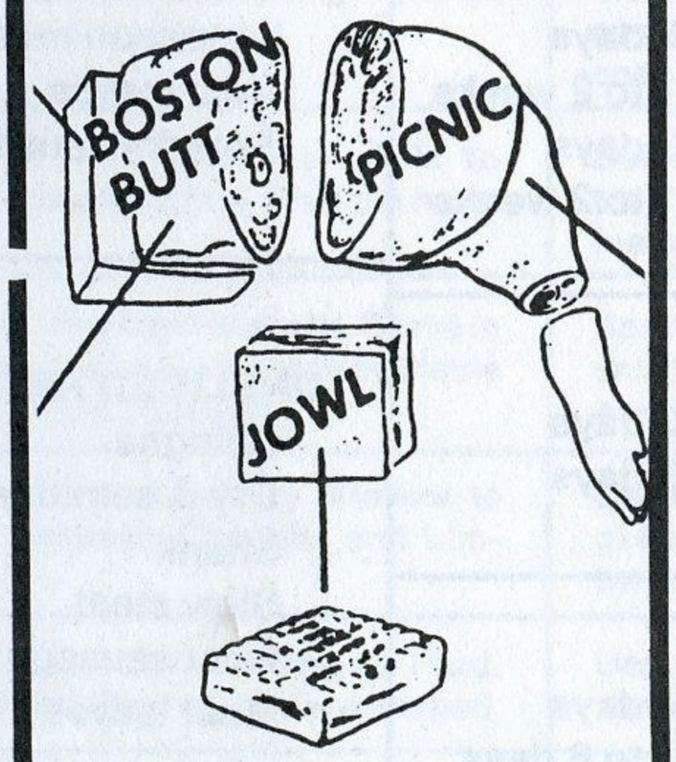
Rolled Boston Butt

Roast

Wholesale Cuts

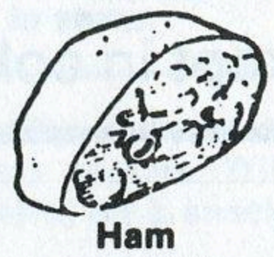






Jowl Bacon Square
Cook in Liquid, Broil, Panbroil, Panfry

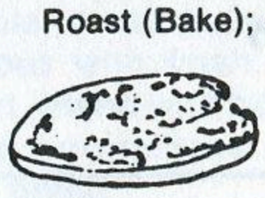
Retail Cuts



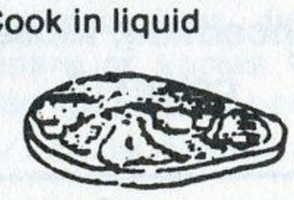
Ham
(Butt Half)

Ham
(Shank Half)

Roast (Bake); Cook in liquid



Ham Butt Slice



Center Ham Slice

Broil, Panbroil, Panfry

Fresh Ham Roast

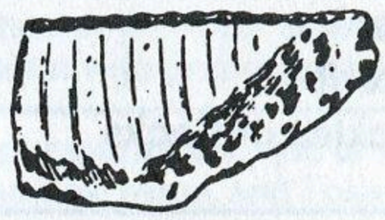
Rolled Fresh Ham Roast

Roast

Bacon

Salt Pork

Broil, Panbroil, Panfry, Cook in Liquid



Spare Ribs
Roast (Bake), Braise, Cook in Liquid

Fresh Picnic Shoulder
Roast

Smoked Picnic Shoulder
Roast (Bake), Cook in Liquid

Cushion Picnic Shoulder

Rolled Fresh Picnic Shoulder

Roast

Fresh Shoulder Hock
Braise, Cook in Liquid

Arm Steak
Braise, Panfry

STORAGE TIME GUIDE FOR MEAT

(kept in cold refrigerator at 36° F. to 40° F.)

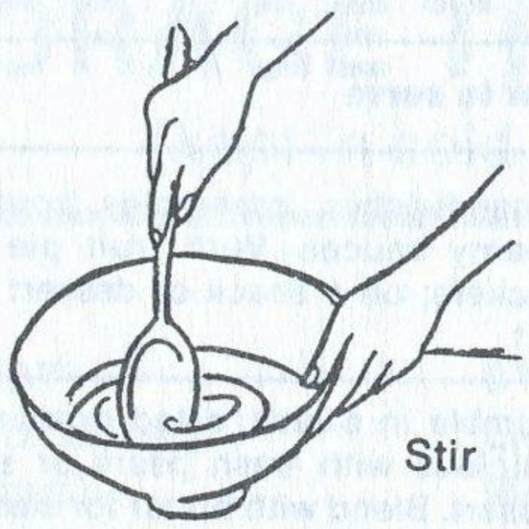
MEAT (Uncooked, loosely covered)	STORAGE LIMIT FOR MAXIMUM QUALITY
BEEF	
Corned beef	7 days
Hamburger	2 days
Pot roast	5 to 6 days
Short ribs	2 days
Standing rib roast	5 to 8 days
Standing and rolled rump and sirlion tip	5 to 6 days
Steak	3 to 5 days
Stew meat	2 days
Tenderloin	3 to 5 days
PORK (fresh)	
Chops	3 days
Pork sausage	2 to 3 days
Roast	5 to 6 days
Spareribs	3 days
Knuckles or hocks	3 days
HAM, BACON (cured pork)	
Bacon	6 to 7 days
Half ham	7 days
Whole ham	1 to 2 weeks
Sliced ham	3 days
Picnic	1 to 2 weeks
LAMB	
Chops	3 days
Roast	5 days
VEAL	
Chops and steak	4 days
Roast	5 to 6 days
Stew meat	2 days

MEAT (Uncooked, loosely covered)	STORAGE LIMIT FOR MAXIMUM QUALITY
VARIETY MEATS	
Brains	1 day
Heart	2 days
Kidney	1 day
Liver, sliced	2 days
Sweetbreads, cooked	2 days
Tongue, fresh	2 days
Tongue, smoked	7 days
COOKED, LOOSELY COVERED	
Franks	4 to 5 days
Ham or Picnic	7 days
Leftover meat	4 days
SLICED READY-COOKED	
Dry sausage	1 to 2 weeks
Liver sausage	2 to 3 days
Luncheon meat	3 days
Meat loaves	3 to 4 days
Semidry sausage	7 to 8 days
UNSLICED READY-COOKED	
Bologna	4 to 6 days
Dry & semidry sausage	2 to 3 weeks
Shank	2 days
Stew meat	2 days
Liver sausage	4 to 6 days
Meat loaves	4 to 6 days

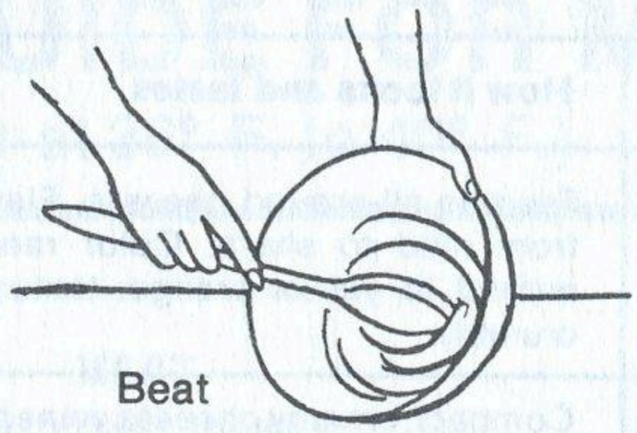
CHEESE GUIDE

Cheese	How it looks and tastes	How to serve
American, Cheddar	Favorite all-around cheeses. Flavor varies from mild to sharp. Color ranges from natural to yellow-orange; texture firm to crumbly.	In sandwiches, casseroles, souffles, and creamy sauces. With fruit pie or crisp crackers; on a snack or dessert tray with fruit.
Blue, Gorgonzola, Roquefort	Compact, creamy cheeses veined with blue or blue-green mold. Sometimes crumbly. Mild to sharp salty flavor. (Stilton is similar, but like a blue-veined Cheddar.)	Crumble in salads, salad dressings, dips. Delicious with fresh pears or apples for dessert. Blend with butter for steak topper. Spread on crackers or crusty French or Italian bread.
Brick	Medium firm; creamy yellow color, tiny holes. Flavor very mild to medium sharp.	Good for appetizers, sandwiches, or desserts. Great with fresh peaches, cherries, or melons.
Brie *(bree)*	Similar to Camembert, but slightly firmer. Distinctive sharp flavor, pronounced odor.	Serve as dessert with fresh fruit. Be sure to eat the thin brown and white crust.
Camembert *(kam' em bear)*	Creamy yellow with thin gray-white crust. When ripe, it softens to the consistency of thick cream. Full, rich, mildly pungent.	Classic dessert cheese-serve at room temperature with fresh peaches, pears, or apples, or with toasted walnuts and crackers.
Cottage	Soft, mild, unripened cheese; large or small curd. May have cream added.	Used in salads, dips, main dishes. Popular with fresh and canned fruits.
Cream	Very mild-flavored soft cheese with buttery texture. Rich and smooth. Available whipped and in flavored spreads.	Adds richness and body to molded and frozen salads, cheesecake, dips, frostings, sandwich spreads. Serve whipped with dessert.
Edam, Gouda	Round, red-coated cheeses; creamy yellow to yellow-orange inside; firm and smooth. Mild nutlike flavor.	Bright hub for dessert or snack tray. Good in sandwiches or crunchy salads, or with crackers. Great with grapes and oranges.
Liederkranz, Limburger	Robust flavor and highly aromatic. Soft and smooth when ripe. Liederkranz is milder in flavor and golden yellow in color. Limburger is creamy white.	Spread on pumpernickel, rye, or crackers. Team with apples, pears, and Tokay grapes. Serve as snack with salty pretzels and coffee.
Mozzarella, Scamorze	Unripened. Mild-flavored and slightly firm. Creamy white to pale yellow.	Cooking cheese. A "must" for pizza, lasagna; good in toasted sandwiches, hot snacks.
Muenster *(Mun' stir)*	Between Brick and Limburger. Mild to mellow flavor, creamy white. Medium hard, tiny holes.	Use in sandwiches or on snack or dessert tray. Good with fresh sweet cherries and melon wedges.
Parmesan, Romano	Sharp, piquant, very hard cheeses. Come in shakers graded. (Parmesan is also available shredded.) Or grate your own.	Sprinkle on pizza, main dishes, breads, salads, soups. Shake over buttered popcorn!
Port du Salut *(por du sa lu')*	Semisoft, smooth and buttery. Mellow to robust flavor between Cheddar and Limburger.	Dessert cheese-delicious with fresh fruit; great with apple pie. Good for snack tray.
Provolone *(pro vo lo' nee)*	Usually smoked, mild to sharp flavor. Hard, compact and flaky. Pear or sausage shaped.	Use in Italian dishes, in sandwiches, on snack and appetizer trays.
Swiss	Firm, pale yellow cheese, with large round holes. Sweet nutlike flavor.	First choice for ham-cheese sandwiches, fondue. Good in salads, sauces, as a snack.
Process cheeses	A blend of fresh and aged natural cheeses, pasteurized and packaged. Smooth and creamy; melts easily. May be flavored.	Ideal for cheese sauces, souffles, grilled cheese sandwiches, in casseroles. Handy for the snack tray, too.

TERMS USED IN RECIPES



Stir



Beat

Bake - To cook covered or uncovered in an oven or oven-type appliance. For meats cooked uncovered, it's called roasting.

Baste - To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

Beat - To make mixture smooth by adding air with a brisk whipping or stirring motion using spoon or electric mixer.

Blend - To thoroughly mix two or more ingredients until smooth and uniform.

Boil - To cook in liquid at boiling temperature (212 degrees at sea level) where bubbles rise to the surface and break. For a full rolling boil, bubbles form rapidly throughout the mixture.

Braise - To cook slowly with a small amount of liquid in tightly covered pan on top of range or in oven.

Broil - To cook by direct heat, usually in broiler or over coals.

Candied - To cook in sugar or syrup when applied to sweet potatoes and carrots. For fruit or fruit peel, to cook in heavy syrup till transparent and well coated.

Chill - To place in refrigerator to reduce temperature.

Chop - To cut in pieces about the size of peas with knife, chopper, or blender.

Cool - To remove from heat and let stand at room temperature.

Cream - To beat with spoon or electric mixer till mixture is soft and smooth. When applied to blending shortening and sugar, mixture is beaten till light and fluffy.

Cut In - To mix shortening with dry ingredients using pastry blender or knives.

Dice - To cut food in small cubes of uniform size and shape.

Dissolve - To disperse a dry substance in a liquid to form a solution.

Glaze - A mixture applied to food which hardens or becomes firm and adds flavor and a glossy appearance.

Grate - To rub on a grater that separates the food into very fine particles.

Marinate - To allow food to stand in a liquid to tenderize or to add flavor.

Mince - To cut or finely chop food into very small pieces.

Mix - To combine ingredients, usually by stirring, till evenly distributed.

Poach - To cook in hot liquid, being careful that food holds its shape while cooking.

Precook - To cook food partially or completely before final cooking or reheating.

Roast - To cook uncovered without water added, usually in an oven.

Saute - To brown or cook in a small amount of hot shortening.

Scald - To bring to a temperature just below boiling point where tiny bubbles form at the edge of the pan.

Scallop - To bake food, usually in a casserole, with sauce or other liquid. Crumbs are often sprinkled atop.

Steam - To cook in steam with or without pressure. A small amount of boiling water is used, more water being added during steaming process if necessary.

Stir - To mix ingredients with a circular motion until well blended or of uniform consistency.

Toss - To mix ingredients lightly.

Truss - To secure fowl or other meat with skewers to hold its shape during cooking.

Whip - To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

SEASONING GUIDE

Get acquainted with spices and herbs. Add in small amounts, ¼ teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Freeze fresh herbs and enjoy them all winter long. Wash, then blanch the herbs in boiling water for 10 seconds. Chill in ice water 1 minute; pat dry. Package in small moisture-vaporproof bags or foil; seal; label. Freeze. Use while frosty.

Appetizers, Soups

CRANBERRY JUICE: Add cinnamon, allspice, and/or cloves. Serve hot or chilled.

FRUIT COCKTAIL: Try adding mint or rosemary.

STUFFED CELERY: Mix caraway seed with cream cheese: fill celery. Dash with paprika.

TOMATO COCKTAIL: Add ¼ teaspoon dried basil, per cup.

CHICKEN SOUP: Add a dash of rosemary, tarragon, or nutmeg. Sprinkle with paprika atop for color.

CLAM CHOWDER: Add a dash of caraway seed, sage, or thyme.

CONSOMME: Dash in basil, marjoram, savory, or tarragon.

FISH CHOWDER: Add bay leaves, curry powder, or dill.

MUSHROOM SOUP: Season with curry, oregano, or marjoram.

ONION SOUP: Add marjoram.

OYSTER STEW: Lightly add cayenne, mace, or marjoram.

POTATO SOUP: Dash with mustard or basil. Top with snipped chives or parsley.

SPLIT-PEA SOUP: Add dash basil, chili powder, or rosemary.

TOMATO SOUP: Dash in basil, dill, oregano, sage or tarragon.

VEGETABLE SOUP: Try allspice, oregano, sage or thyme.

Breads, Pasta

BISCUITS: Add caraway seed, thyme, or savory to flour. Serve with meat.

BREAD: Make each loaf a surprise by adding caraway seed, cardamom, or poppy seed.

COFFEE CAKE: Mix crushed aniseed in batter. For variety, sprinkle cinnamon-sugar mixture atop or add poppy seed filling.

CORN BREAD: Add poultry seasoning or caraway seed to dry ingredients. Be adventuresome, add ½ teaspoon rosemary to batter.

CROUTONS: Toss toast cubes in melted butter seasoned with basil, marjoram, or onion salt.

DOUGHNUTS: Add mace or nutmeg to dry ingredients. After frying roll in cinnamon sugar.

DUMPLINGS: Add thyme or parsley (fresh or flakes) to batter.

MUFFINS: Blueberry - add dash of nutmeg to dry ingredients. Season plain muffins with caraway seed or cinnamon.

NOODLES: Butter, then sprinkle with poppy seed.

ROLLS: Add caraway seed. Or, sprinkle with sesame seed.

SPAGHETTI: Toss with butter, Parmesan, and snipped chives.

WAFFLES: Add poultry seasoning to batter, serve with creamed chicken. Or add cardamom to honey; pour over waffles.

Eggs, Cheese

BAKED EGGS: Sprinkle dash of thyme or paprika over the top.

CREAMED EGGS: Add mace.

DEVILED EGGS: Add celery seed, cumin, mustard, savory, chili powder, or curry powder.

OMELET: Try with dash of marjoram or rosemary (go easy!).

SCRAMBLED EGGS: Sprinkle lightly with basil, thyme, rosemary, or marjoram. Add seasonings near the end of cooking.

SOUFFLE: Add ¼ teaspoon marjoram to 4-egg souffle. To cheese souffle, add basil or savory.

CHEESE CASSEROLES: Spark with dash sage or marjoram.

CHEESE FONDUE: Try adding a dash of basil or nutmeg.

CHEESE RABBIT (rarebit): Try with mace or mustard.

CHEESE SAUCE: Add mustard or a dash of marjoram or thyme.

CHEESE SPREAD: Blend sage, caraway seed, thyme, or celery seed into melted process cheese.

COTTAGE CHEESE: Blend in chives or a dash of sage, caraway seed, dill, anise, or cumin. Prepare several hours ahead of time.

CREAM CHEESE: Blend in curry powder, marjoram, caraway seed, or dill. Sprinkle paprika or cayenne atop. Use as celery filling or appetizer spread.

DAILY CALORIE NEEDS FOR WOMEN

HEIGHT	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
4′ 11″	1635	1725	1845
5′ 0″	1665	1770	1890
5′ 1″	1695	1800	1935
5′ 2″	1740	1845	1995
5′ 3″	1785	1875	2040
5′ 4″	1845	1950	2100
5′ 5″	1890	1995	2145
5′ 6″	1950	2040	2220
5′ 7″	2010	2130	2280
5′ 8″	2055	2175	2340
5′ 9″	2115	2235	2400
5′ 10″	2175	2295	2460
5′ 11″	2220	2340	2505
6′ 0″	2265	2415	2580

DAILY CALORIE NEEDS FOR MEN

HEIGHT	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
5′ 2″	1845	1965	2085
5′ 3″	1890	2010	2130
5′ 4″	1950	2070	2205
5′ 5″	2010	2130	2265
5′ 6″	2045	2175	2325
5′ 7″	2115	2235	2400
5′ 8″	2175	2310	2460
5′ 9″	2235	2370	2520
5′ 10″	2295	2430	2595
5′ 11″	2355	2490	2670
6′ 0″	2430	2565	2745
6′ 1″	2505	2640	2820
6′ 2″	2595	2730	2910
6′ 3″	2670	2805	3000

These charts based on the average calorie needs for individuals of specific height and frame. Your individual calorie needs may fluctuate 10% above or 10% below these averages depending on your metabolism and activity (or inactivity).

It takes a loss of 3500 calories to lose one pound. If you eat 500 calories less a day than your body requires, you should lose a pound every seven days. The reverse also applies for gaining one pound. Adding 3500 calories over caloric needs will add one pound of weight.

NEW DESIRABLE WEIGHTS

Desirable Weights for Men and Women

WEIGHTS FOR WOMEN

HEIGHT (with shoes on 2-inch heels)	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
4′ 10″	92-98	96-107	104-119
4′ 11″	94-101	98-110	106-122
5′ 0″	96-104	101-113	109-125
5′ 1″	99-107	104-116	112-128
5′ 2″	102-110	107-119	115-131
5′ 3″	105-113	110-122	118-134
5′ 4″	108-116	113-126	121-138
5′ 5″	111-119	116-130	125-142
5′ 6″	114-123	120-135	129-146
5′ 7″	118-127	124-139	133-150
5′ 8″	122-131	128-143	137-154
5′ 9″	126-135	132-147	141-158
5′ 10″	130-140	136-151	145-163
5′ 11″	134-144	140-155	149-168
6′ 0″	138-148	144-159	153-173

WEIGHTS FOR MEN

HEIGHT (with shoes on 1-inch heels)	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
5′ 2″	112-120	118-129	126-141
5′ 3″	115-123	121-133	129-144
5′ 4″	118-126	124-136	132-148
5′ 5″	121-129	127-139	135-152
5′ 6″	124-133	130-143	138-156
5′ 7″	128-137	134-147	142-161
5′ 8″	132-141	138-152	147-166
5′ 9″	136-145	142-156	151-170
5′ 10″	140-150	146-160	155-174
5′ 11″	144-154	150-165	159-179
6′ 0″	148-158	154-170	164-184
6′ 1″	152-162	158-175	168-189
6′ 2″	156-167	162-180	173-194
5′ 3″	160-171	167-185	178-199
6′ 4″	164-175	172-190	182-204

Weight in Pounds According to Frame (In Indoor Clothing)

Your Spot Removal Guide

SAVE YOUR CLOTHES. Clothes moths regard many stains as delicacies. Keeping spots removed helps to discourage them from lunching on your favorite skirt or sweater.

What Causes Rings

1 - The garment is soiled all over. Removing the spot leaves a conspicuous clean area.

2 - Wrong cleaning methods. For example, failing to "feather out" the cleaning fluid so there is no definite edge or saturating the spot with cleaning fluid.

3 - The fabric water spots because it contains sizing. With a spot made by a substance which contains both water and grease, the cleaning fluid removes the grease but not the water ring. Water rings occur most often on silk and rayon. To remove water rings rub the material against itself, then with a coin or your fingernail rub the ring lightly. If it still remains, hold the spot above the spout of a steaming tea kettle.

How To Use Cleaning Fluid

1 - If the colorfastness of the garment is doubtful, test a hidden part, such as an inside seam, with the cleaning fluid. ENERGINE Fireproof Cleaning Fluid will not injure the color of any colorfast material.

2 - Brush fabric to remove loose soil.

3 - Place an absorbent cloth or clean white blotter under the spot.

4 - Moisten a clean cloth, dark if the garment is dark, with cleaning fluid.

5 - With quick, light strokes brush the moistened cloth over the spot, covering a larger area than the spot. "Feather out" the cleaning fluid so there is no definite edge. Rub lightly until there is no clear line between the spot and the area around it. Change the cleaning cloth and pad under the spot if they become soiled.

6 - If the spot has not come out, repeat the process. It is better to apply cleaning fluid sparingly several times than to saturate a spot with it.

THE STEPS

When more than one step is listed, use them consecutively. When you sponge with water, then ENERGINE Fireproof Cleaning Fluid—or the other way around—let the fabric dry inbetween the two steps. You won't need to carry out all the steps listed after every spot unless it proves stubborn.

Step 1. Sponge with ENERGINE Fireproof Cleaning Fluid.

Step 2. Sponge with cold or lukewarm, not hot water. Use cold water on soft drink, egg, blood, ice cream, and meat juice stains.

Step 3. Rub in petroleum jelly to soften the stain.

Step 4. Wash in warm water with a synthetic detergent or soap.

Step 5. Moisten spot with cold or lukewarm water. Rub in some pepsin powder and allow to remain for half an hour. Sponge with water.

Step 6. Soak for a short while in a bowl of ENERGINE Fireproof Cleaning Fluid.

Step 7. If color remains, sponge with denatured alcohol. On acetate and colored materials use a mixture of 1 part alcohol, 2 parts water.

Step 8. Apply glycerine and rub lightly between hands. Let stand half an hour. Sponge with lukewarm water. For fruit stains, allow the glycerine to remain for several hours.

Step 9. Place stained part of article over bowl. Fasten with string. Pour boiling water on stain from height of 2 or 3 feet.

Step 10. Sponge with hydrogen peroxide to which sodium perborate has been added (1 teaspoon per pint). Rinse well. Don't use on color material without testing colorfastness of hidden part of garment.

Step 11. Sponge with nail polish remover unless the fabric is acetate. Do not use nail polish remover on acetate. It may cause a hole.

Step 12. Sponge with turpentine.

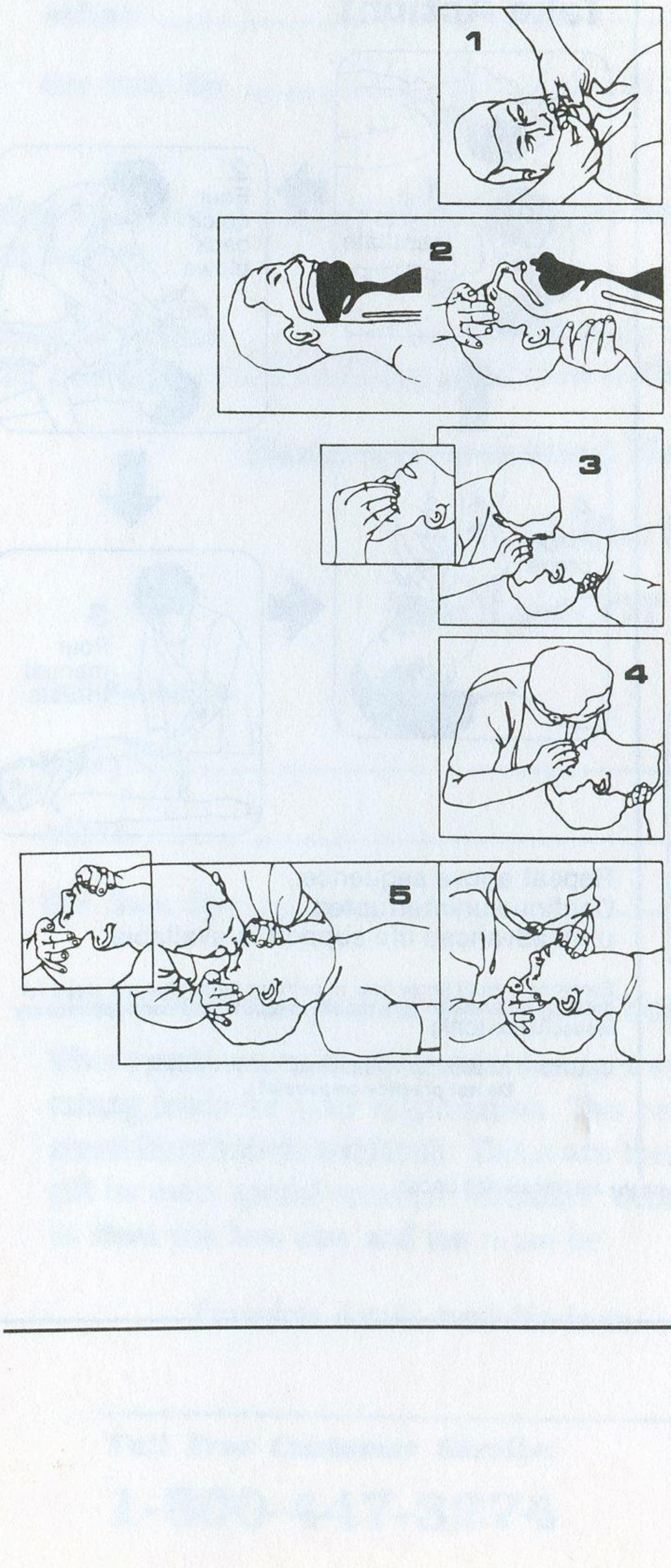
FIRST AID

Prepared in cooperation with
The American National Red Cross

GENERAL DIRECTIONS FOR GIVING FIRST AID

- KEEP THE INJURED PERSON LYING DOWN
- DO NOT GIVE LIQUIDS TO THE UNCONSCIOUS
- RESTART BREATHING WITH MOUTH-TO-MOUTH ARTIFICIAL RESPIRATION
- CONTROL BLEEDING BY PRESSING ON THE WOUND
- DILUTE SWALLOWED POISONS

WHEN BREATHING STOPS— SECONDS COUNT SAVE A LIFE BY ARTIFICIAL RESPIRATION



MOUTH-TO-MOUTH METHOD

1

If foreign matter is visible in the mouth, wipe it out quickly with your fingers, wrapped in a cloth, if possible.

2

Tilt the victim's head backward so that his chin is pointing upward. This is accomplished by placing one hand under the victim's neck and lifting, while the other hand is placed on his forehead and pressing. This procedure should provide an open airway by moving the tongue away from the back of the throat.

3

Maintain the backward head-tilt position and, to prevent leakage of air, pinch the victim's nostrils with the fingers of the hand that is pressing on the forehead.

Open your mouth wide; take a deep breath; and seal your mouth tightly around the victim's mouth with a wide-open circle and blow into his mouth. If the airway is clear, only moderate resistance to the blowing effort is felt.

If you are not getting air exchange, check to see if there is a foreign body in the back of the mouth obstructing the air passages. Reposition the head and resume the blowing effort.

4

Watch the victim's chest, and when you see it rise, stop inflation, raise your mouth, turn your head to the side, and listen for exhalation. Watch the chest to see that it falls.

When his exhalation is finished, repeat blowing cycle. Volume is important. You should start at a high rate and then provide at least one breath every 5 seconds for adults (or 12 per minute).

When mouth-to-mouth and/or mouth-to-nose resuscitation is administered to small children or infants, the backward headtilt should not be as extensive as that for adults or large children.

The mouth and nose of the infant or small child should be sealed by your mouth. Blow into the mouth and/or nose every 3 seconds (or 20 breaths per minute) with less pressure and volume than for adults, the amount determined by the size of the child.

If vomiting occurs, quickly turn the victim on his side, wipe out the mouth, and then reposition him.

MOUTH-TO-NOSE METHOD

5

For the mouth-to-nose method, maintain the backward headtilt position by placing the heel of the hand on the forehead. Use the other hand to close the mouth. Blow into the victim's nose. On the exhalation phase, open the victim's mouth to allow air to escape.

FIRST AID

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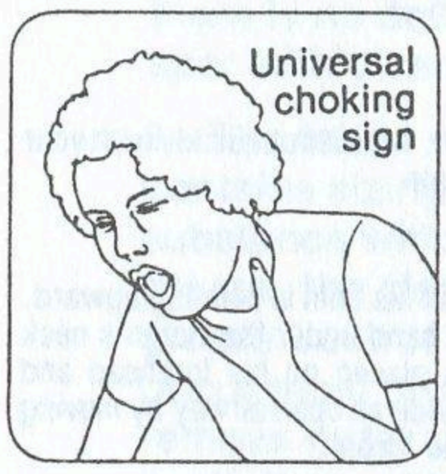
The American National Red Cross

- KEEP BROKEN BONES FROM MOVING
- COVER BURNS WITH THICK LAYERS OF CLOTH
- KEEP HEART ATTACK CASES QUIET AND GIVE CARDIOPULMONARY RESUSCITATION (CPR) IF TRAINED AND IF NECESSARY
- FAINTING: KEEP HEAD LOWER THAN HEART
- FOR EYE INJURIES, PAD AND BANDAGE BOTH EYES

ALWAYS CALL A DOCTOR

NEW FIRST AID FOR CHOKING

FOR CONSCIOUS VICTIM:

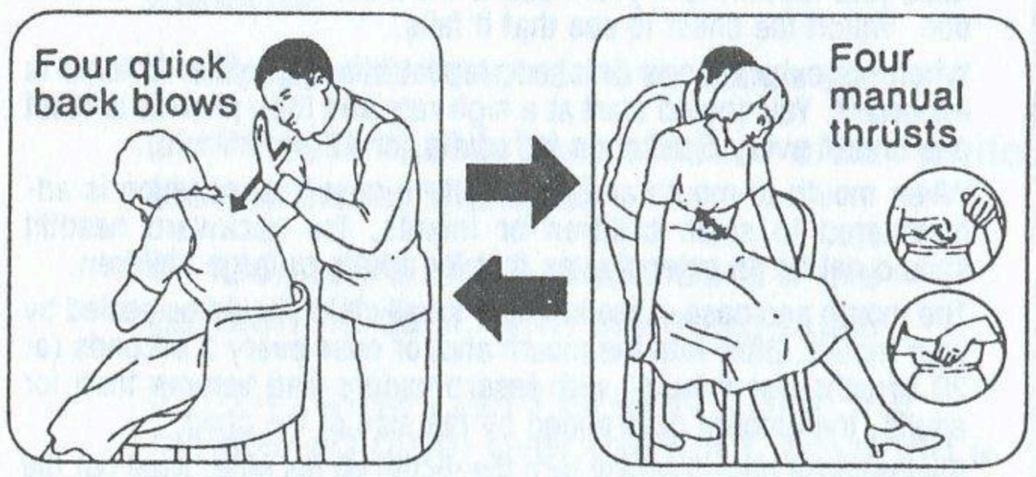


If victim can cough, speak, breathe. . .
Do not interfere!

If victim **cannot** cough, speak, breathe,
have someone call for help!
Phone

Police, Doctor, Hospital

and
TAKE ACTION!

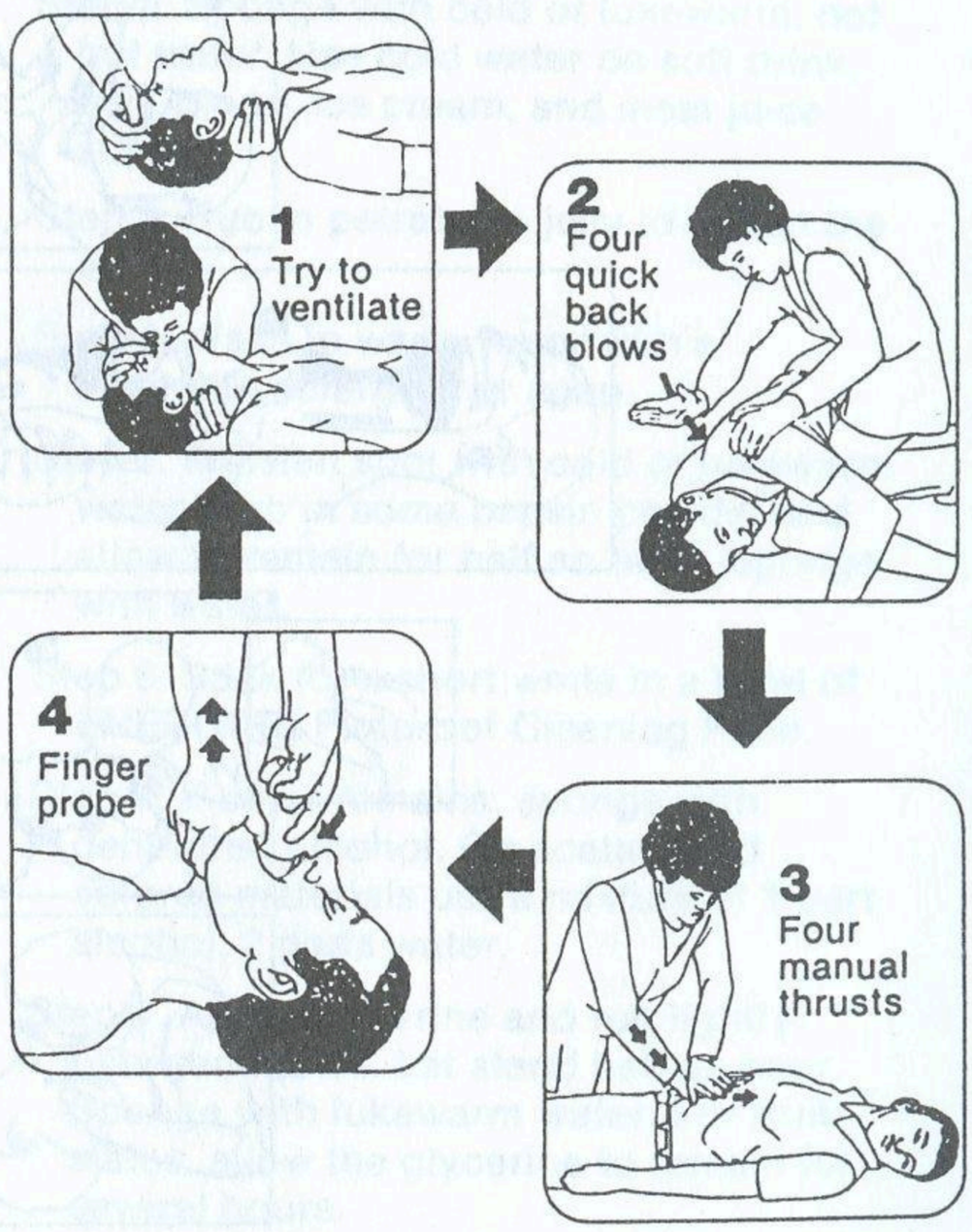


Repeat above sequence. Continue uninterrupted until advanced life support is available.

If victim becomes unconscious,
follow directions 1 through 4.

FOR UNCONSCIOUS VICTIM:

Take Action!



Repeat above sequence.
Continue uninterrupted
until advanced life support is available.

Everyone should know how to perform these first aid steps for choking and how to give **mouth-to-mouth** and **cardiopulmonary resuscitation (CPR)**

CAUTION: Abdominal thrusts may cause injury.
Do not practice on people!

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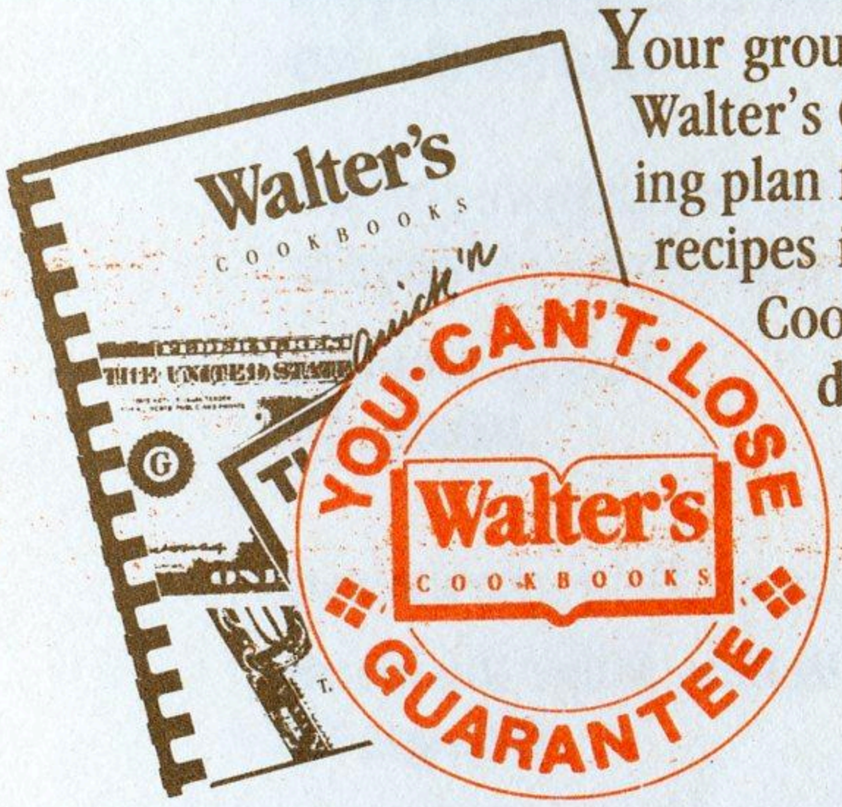

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